



Sycamore Pantry Shopping List

Please consider donating more nutritious foods (e.g. no added sugar, whole grains, low-sodium) and items to support a variety of diets (e.g. vegetarian, vegan, gluten-free).

Paper towels, toilet paper, tissues, flushable wipes	To-go/microwave snacks & meals (e.g., soups, Easy Mac, yogurt)	Protein (e.g. chicken, tuna, salmon, spam, sausage)
Menstrual products (e.g. pads, tampons, cups)	Crackers, chips, & snacks (e.g. applesauce, yogurt, popcorn, granola bars, jerky)	Rice and rice sides, instant/canned potatoes
Hygiene products (e.g. toothbrush, razors, deodorant, body wash, shampoo & conditioner)	Nuts, seeds (e.g. almonds, sunflower, pecans), dried fruit	Quinoa, barley
Gatorade, water, juice (100% fruit & vegetable), coffee, tea	Frozen/canned fruits, vegetables (e.g. sweet potatoes, beets, asparagus, mushrooms)	Spices (e.g. garlic, onion powder, salt, pepper, cumin, chili powder)
Cereal, oatmeal, grits, cream of wheat	Dried or canned beans/peas (e.g. pinto, chickpeas, black-eyed peas, lentils)	Condiments (e.g. salsa, mayonnaise, mustard, ketchup, hot sauce)
Creamer, dairy & non-dairy milk products (e.g. almond, soy, oat)		Pasta and sauces, mac & cheese, canned ravioli
		Nut butter (e.g. peanut, almond)

Donation Drop-Off & Pick-Up Information

DROP-OFF OR PICK-UP: Email ISU-SycamorePantry@indstate.edu to schedule a drop-off or pick-up with team. When possible, please notify us 2-3 days in advance.

NON-PERISHABLE ITEM DROP-OFF: **Anytime** at Student Health Promotion (HMSU, 508) or Sycamore Pantry (Student Recreation Center, Room 131).