PennState Health

SHELF-STABLE PANTRY COLLECTION

Supporting Lion's Pantry and West Shore Pantry

Please consider donating unopened, shelf-stable food and personal-care essentials.

PROTEIN

- Canned tuna, chicken, or salmon
- Peanut butter or nut butters
- Canned or dry beans (black, kidney, lentils, chickpeas)
- Shelf-stable tofu or canned chili

FRUITS & VEGETABLES

- Canned vegetables (low sodium preferred)
- Canned fruit (packed in juice or light syrup)
- Applesauce cups or pouches
- 100% fruit or vegetable juice (small bottles or cartons)
- Tomato products (sauce, diced, paste)
- Bags of potatoes and apples
- Dehydrated fruit

GRAINS & MEALS

- Rice or pasta
- Instant potatoes or stuffing mix
- Cereal (low sugar, high fiber)
- Oatmeal or other hot cereals
- Boxed meal kits (mac & cheese, Hamburger Helper)

SOUPS & READY-TO-EAT MEALS

- Canned soups and stews
- Canned pasta meals (ravioli, SpaghettiOs)
- Instant soup cups or ramen

BREAKFAST & SNACKS

- Granola or protein bars
- Crackers, pretzels
- Trail mix or nuts
- Fruit cups or dried fruit
- Shelf-stable milk (dairy or non-dairy alternatives)
- Whole grain or low sugar cereal (Cheerios, Chex, etc.)

CONDIMENTS & SPICES

- Cooking oil or spray
- Salt, pepper, and seasonings (oregano, parsley, red pepper, cumin, turmeric, etc.)
- Ketchup, mustard, or mayo packets
- Baking mixes (pancake, muffin, cornbread)

DONATION GUIDELINES

Avoid glass containers • Low-sodium and whole-grain options are appreciated •

Please do not donate expired or near-expiration items

PERSONAL HYGIENE ITEMS

Maxi-pads • Tampons • Toothpaste • Toothbrushes • Hand soap •

Bar soap • Floss • Deodorant/antiperspirant

Every donation helps stock our pantries and support our Penn State community.