SALUKI Food Pantry

SALUKI Food Pantry

The Saluki Food Pantry provides food assistance to students in times of need, helping them to stay in school and meet their educational goals. The Saluki Food Pantry provides food assistance to students in times of need, helping them to stay in school and meet their educational goals.





(all donations are appreciated)

Fruits (in 100% juice or no added sugar preferred)

- Applesauce
- Canned fruits
- □ Fruit cups
- Dried fruits

Vegetables

(low sodium or no salt added preferred)

- D Mixed vegetables, canned
- □ Peas, canned
- Carrots, canned
- Potatoes, canned
- Tomatoes
- Pastasauce

Grains (whole grains preferred)

- Brown/White rice
- Oatmeal
- 🗆 Cereal
- Crackers
- Pasta/Pasta boxed meals (Hamburger Helper, etc...)

Protein (low sodium preferred)

- □ Tuna, canned (in water preferred)
- Chicken, canned (in water preferred)
- Salmon, canned (in water preferred)
- Peanut butter
- Beans, canned or dried

Side Dishes

- Mashed potatoes
- Stuffing
- \square Mac and cheese
- Cornbread mix

Soups (low sodium preferred)

- Vegetable
- 🗆 Tomato
- Dried soup mixes
- 🗆 Chili
- Chef Boyardee

Pantry

- Seasoning
- 🗆 Salt
- 🗆 Sugar
- Flour
- 🗆 Jelly/Jam
- Dressings (low fat preferred)
- Baking mixes

NEEDED ITEMS (all donations are appreciated)

Fruits (in 100% juice or no added sugar preferred)

- Applesauce
- Canned fruits
- Fruit cups
- Dried fruits

Vegetables

(low sodium or no salt added preferred)

- $\hfill\square$ Mixed vegetables, canned
- \square Peas, canned
- \Box Carrots, canned
- Potatoes, canned
- Tomatoes
- Pastasauce

Grains (whole grains preferred)

- Brown/White rice
- 🗆 Oatmeal
- 🗆 Cereal
- Crackers
- □ Pasta/Pasta boxed meals (Hamburger Helper, etc...)

Protein (low sodium preferred)

- □ Tuna, canned (in water preferred)
- $\hfill\square$ Chicken, canned (in water preferred)
- □ Salmon, canned (in water preferred)
- Peanut butter
- Beans, canned or dried

Side Dishes

- Mashed potatoes
- Stuffing
- $\hfill\square$ Mac and cheese
- \square Cornbread mix

Soups (low sodium preferred)

- Vegetable
- 🗆 Tomato
- Dried soup mixes
- 🗆 Chili
- Chef Boyardee

Pantry

- Seasoning
- 🗆 Salt
- 🗆 Sugar
- Flour
- 🗆 Jelly/Jam
- Dressings (low fat preferred)
- Baking mixes

STUDENTCENTER.SIU.EDU/FOODPANTRY

STUDENTCENTER.SIU.EDU/FOODPANTRY