

# HOW TO HELP



## What kinds of items does The Pantry need?

By partnering with the Blue Ridge Area Food Bank, The Pantry is able to ensure a consistent supply of quality food. However, there are some frequently requested items which are not available for purchase through the food bank. Please consider donating items from the list below.

### KITCHEN BASICS

Oils and vinegars  
Spices and herbs  
Basic baking items: flour, baking soda, baking powder, sugar  
Shelf-stable soy and almond milk



### HOUSEHOLD PRODUCTS

Dish soap  
Dishwasher pods  
Laundry detergent  
All-purpose cleaners



### HYGIENE PRODUCTS

Shampoo/Conditioner  
Toothbrush/Toothpaste  
Deodorant  
Body soap/hand soap  
Period products: pads, tampons



### SCHOOL SUPPLIES

Notebooks  
Highlighters  
Pens and pencils  
Index cards  
Loose-leaf paper



## Want to arrange a donation drop-off?



Email [pantry@jmu.edu](mailto:pantry@jmu.edu)



For more info go to: [www.jmu.edu/ssh](http://www.jmu.edu/ssh)



## Did you know?

Nearly 40% of college students report facing food insecurity within the last 30 days.

#RealCollegeSurvey

Thank you for helping JMU students succeed!

