

# HOW TO HELP

THE  
**PANTRY**  
at JMU

## What kind of items does The Pantry need?

The Pantry partners with the Blue Ridge Area Food Bank to maintain a steady supply of quality food. However, some frequently requested items aren't available through the foodbank. Please consider donating from the list below.

### HYGIENE PRODUCTS

- Shampoo/conditioner
- Toothbrush/toothpaste
- Deodorant
- Body soap/hand soap
- Period products

### KITCHEN BASICS

- Oils and vinegars
- Spices and herbs, salt
- Flour, baking soda, sugar, etc.
- Shelf-stable (non-dairy) milk
- Sauces and condiments

### HOUSEHOLD PRODUCTS

- Dish soap
- Dishwasher pods
- Laundry detergent
- All-purpose cleaners
- Paper towels, toilet paper
- Sanitizing wipes



Want to arrange a donation drop-off?



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



Scan for more about our efforts to meet students' basic needs.