



DONATION LIST

The Pitchfork Pantry is currently accepting donations! All non-perishable items, hygiene products, sanitary/cleaning products are accepted. Feel free to let us reach out to one of our student leaders or to our email (asupitchforkpantry@gmail.com) if you have any questions about what can and cannot be accepted.

ADDITIONAL NOTES:

- *It is helpful for our students if canned items have a pull tab for easier access without a can opener.*
- *ABOUT BULK ITEMS - Smaller is better so that students that may be sensitive to their situation aren't carrying a 15lb bag of rice around.*

MONETARY DONATIONS: For monetary donations, you can visit this link:
<https://www.asufoundation.org/health-and-welfare/individual-emergency-support/pitchfork-pantry-CA107453.html?cgid=emergency>

DONATIONS MAY INCLUDE ANY OF THE FOLLOWING:

UNREFRIGERATED/SHELF-STABLE MILKS

Shelf-stable dairy milk

Shelf-stable non-dairy milk (almond milk, oat milk, etc.)

DRIED STAPLES

Rice (white, jasmine, brown) - small packaging (<5lbs)

Beans (all beans, lentils, garbanzo) - small packaging (<5lbs)

Quinoa, Chia - small packaging (<5lbs)

Pasta - Semolina, Whole wheat - any kind/shaped pasta or noodles

Pasta (Gluten-free) - any kind/shaped pasta or noodles

Oatmeal - Quick and Steelcut

Flour - General purpose

Sugar

Oil (Olive, canola, vegetable) - small volumes

Peanut butter

Mac and cheese - boxes

Canned chicken

Other canned meats

Canned Vegetables

Canned fruits

Canned soup

Canned soup - Gluten-free

BREAKFAST ITEMS

Oatmeal - Instant, Quick, and Steelcut

Cream of Wheat

Cereal - Cups and boxed

Other breakfast items (non refrigerated/storable)

HYGIENE PRODUCTS

Dish soap

Dishwashing brushes

Female hygiene products

Toothpaste

Toothbrushes

Shampoo

Toilet paper

Deodorant

COOKING SUPPLIES

Pots and pans

Utensils

Cutting board

Can opener