



Spartan Food Pantry

Donation Guidelines



Drop off donations at the Spartan Food Pantry (Student Union- Exterior entrance across from Engineering Bldg) during business hours. Hours vary so always check our [website](#) or social media.

Key Principles:

- Only donate quality items you would use yourself
- Items that are in greatest need are individual serving sizes, easily opened (pull-back/pop-top lids), or microwavable [not all students have access to a full kitchen]
- Think Healthy: Avoid sugary items. Give preferably organic, BPA Free, whole/multi-grain, low-sodium foods
- Original manufacturer sealed packaging must be in place
- Be aware of food dates; while most foods are safe to eat beyond manufacture label dates, items with dates well beyond will not be placed in our inventory

Fresh Produce - If you have larger amounts of washed fruits or vegetables from gardening, gleanings, or purchases please contact us before bringing as we might not always be able to accommodate them.

Suggested items you can donate (as we have suppliers for other items not listed):

- ☐ Individually packaged Hygiene products (full size shampoo, conditioner, deodorant, bar soap, toothbrushes, toothpaste, mouthwash, dental floss, etc.)
- ☐ Cleaning Supplies (bathroom cleaner, sponges, dish and laundry detergents)
- ☐ Bread (whole wheat, multigrain, pita bread, Naan, Gluten –free bread, shelf-stable tortillas, etc.)
- ☐ Dried beans/peas (lentils, pinto, black, chickpeas, green peas, etc.)
- ☐ Nuts (peanuts, almonds, walnuts)
- ☐ Shelf-stable milk alternatives (almond milk, soy milk, etc.)
- ☐ Easy to make flavorful meals (eg. Rice Pilaf, Hamburger Helper, Stuffing)
- ☐ Peanut/Almond Butter
- ☐ Canned fruits & vegetables
- ☐ Soups
- ☐ Dried fruit
- ☐ Grains (pasta boxes, whole grain crackers, etc.)
- ☐ Macaroni and cheese (Microwavable)
- ☐ Box instant potatoes
- ☐ Spices
- ☐ Granola bars/breakfast bars
- ☐ Trail mix snack packs

Other ways to donate...

Product Donations Via Amazon

[Wishlist](#) are a great way to buy in bulk to items we've identified that are most helpful. However, you can always buy items you'd like to donate and have them mailed directly to the pantry. Do not send perishable items such as produce or dairy items.

Financial Contributions allow us to use funding in the ways that would best serve our students such as buying in bulk, finding niche items not donated, and providing emergency support.

Monetary donations are greatly appreciated and can be made at giving.sjsu.edu/sjsucares

Organize a food and/or toiletry drive with your organization.

Use the power of your network. Create incentives and competition among members. Keep in mind that members of your organization might be recipients and not in a place to donate at this time. If you are interested in organizing a drive please coordinate this with us in advance so that we can best accommodate the donated items, give tips, and authorize the use of our name/images. Contact sjsucares@sjsu.edu.