Grains: Cereal, Rice, Pasta

- Rice*
- Pasta*
- Cereal*
- Ramen
- Dry Noodles
- Macaroni and Cheese*
- Cans of Ravioli/SpaghettiO's
- Oatmeal*

Proteins: Meat, Poultry, Fish, Dry Beans, Nuts

- Canned Tuna*
- Canned Chicken*
- Canned Beef Stews
- Canned Salmon
- Dried or Canned Beans
- Bread and Muffin Mixes
- Pancake Mix
- Granola Bars
- Graham Crackers
- Flour
- Peanut Butter
- Canned Nuts
### Student Food Pantry Wish List

#### Dairy: UHT Milk
- Nonfat Dairy Milk (Soy, Rice)*
- Evaporated Milk*
- Instant Breakfast Drinks
- Canned and Boxed Pudding
- Non-Dairy Creamer

#### Fruits
- Canned Fruit*
- Raisins
- Applesauce
- Dried Fruits
- Fruit Leather (100% Fruit)
- Canned and Boxed 100% Juice

#### Vegetables
- Canned Vegetables (i.e. Corn, Green Beans)*
- Vegetable Soup*
- Canned Tomato Products
- Spaghetti Sauce
- V-8 Juice

#### Oils and Condiments
- Vegetable Oil
- Salad Dressing
- Syrup
- Jelly and Jam
- Honey
- Sugar
- Mayonnaise
- Dried Herbs and Spices

---

FIU Academic & Student Affairs
Center for Leadership and Service