

# Common Goods

Westfield State's Food Pantry  
At the Second Congregational Church

## Suggested Donations

### Proteins

Cans of Tuna  
Cans of Chicken  
Canned Stew  
Pork and Beans  
Beef Jerky  
Kidney Beans  
Peanut Butter

### Canned Vegetables

Pasta Sauce  
Soups  
Beans  
Carrots  
Peas  
Tomatoes  
Corn  
Instant Potatoes

### Fruits

Canned Fruits  
Fruit Cups  
Dried Fruits  
Jelly  
Raisins  
Juice Boxes

### Starches

Rice  
Pasta  
Ramen  
Macaroni & Cheese  
Cans of Ravioli  
Boxed Meals

### Breakfast

Boxes of Cereal  
Instant Oatmeal (individual packets)  
Cereal Bars  
Pancake Mix  
Syrup  
Pop Tarts

### Snacks

All Type of Chips  
Salsa  
Cookies  
Cheese & Cracker Packs  
Nuts  
Protein Bars  
Granola Bars  
Microwavable Popcorn  
Microwavable Mac & Cheese  
Microwaveable Non-Frozen Meals

### Basic Necessities

Paper Towels  
Soap  
Toilet Paper  
Shampoo  
Conditioner  
Toothpaste  
Toothbrushes  
Lotion  
Deodorant  
Feminine Hygiene  
Laundry Detergent (HE)  
Dryer Sheets  
Paper Products

### All Types of Drinks

### Gluten Free any items

**Please, no expired, dented, open, or broken containers.**

Food donations can be left in designated bins across campus:

- Horace Mann Center (Main Lobby)
- Wilson Hall (Commuter's Common Area)
- Scanlon Hall ( first floor lobby)
- Public Safety building
- Ely Campus Center (Campus Center Service Window & Diversity/Inclusion Offices)
- Albert & Amelia Ferst Interfaith Center