

ST. MARY'S UNIVERSITY STUDENT HEALTH AND WELLNESS PROGRAMS



DONATION RECOMMENDATIONS

Drop off items at the Center for Life Directions, Wellness Programs lobby (located in the middle of the building) or contact the Wellness Coordinator to set up a day and time for drop-off.

- Applesauce packs
- Bars (RX, Kind, Simple Mills, Bobo's, etc.)
- Beef/turkey jerky
- Boxed shelf-stable milk — almond, coconut, rice, oat
- Can openers, small kitchenware items, appliances and cutlery
- Canned or jarred salsa
- Canned chili
- Canned diced tomatoes
- Canned or packets of beans
- Canned or packets of chicken
- Canned or packets of chickpeas
- Canned or packets of tuna/fish
- Canned sausages (Vienna)
- Canned seed and nut butters
- Canned soup
- Canned vegetables
- Cereal
- Chips (individual bags)
- Chocolate (individual, mini or full size)
- Cinnamon, salt, pepper and other spices
- Cookie packs
- Cooking oils
- Crackers
- Dried fruit
- Fruit cups/cans
- Granola packs
- Honey
- Jarred/canned olives
- Jell-O
- Juice boxes
- Lentils
- Mayonnaise/mustard
- Nacho cheese cups or cans
- Noodle cups or microwave meals
- Oatmeal packs
- Oats/grits
- Pasta
- Pasta sauce (pesto, alfredo, tomato)
- Pickles
- Popcorn (microwave ready or individual popped bags)
- Pretzel packs
- Protein shakes (individual bottles)
- Pudding cups
- Rice (uncooked bags or microwaveable packs – shelf stable non-refrigerated)
- Rice cakes
- Sunflower seeds, pumpkin seeds or other seed packets
- Tostada packs (El Paso, Mission)
- Tortilla chips
- Trail mix
- Walnuts, pecans, cashews or other nut packets

TOILETRIES:

- Dental products
- Deodorant
- Liners
- Pads
- Tampons
- Travel size hygiene products

THINGS TO CONSIDER:

- When donating cans, please donate those with an easy pull tab.
- Do not donate perishable items.
- Only donate items that have not expired or been opened.
- Individual packets/products are preferred rather than bulk quantity.
- Donations are not tax deductible.