

# GIZMO'S KITCHEN SHOPPING LIST



We are taking donations in order to keep the shelves of the student food pantry stocked. Please drop off all donations in building 60-116 (inside the ASGC office) during normal business hours. The GC Student Food Pantry will only accept non-perishable food items. **Due to space limitations we ask that you only donate items from this list.** Students must be able to make these meals on campus or have them as a grab and go item. If you would like to make a monetary donation, please consider a grocery store gift card or make a donation to the foundation under Grossmont Student Food Pantry so that we can replenish the food pantry with the necessary items.

Below is the list of specific items the pantry is in need of:

## Protein

- Tuna (packets or pop-top cans)
- Chicken (packets or pop-top cans)
- Soup (microwavable with easy open tops)
- Beef / Turkey/ Pork Jerky
- Sun Butter (individual/snack size cups)
- Peanut Butter (individual/snack size cups)

## Fruit (individual cups/snack size)

- Fruit Cups
- Dried Fruits
- Apple sauce
- Trail mix

## Starches (microwavable packets or cups)

- Rice
- Pasta/Ravioli/SpaghettiO's
- Macaroni and Cheese

## Breakfast

- Instant Oatmeal (individual packets)
- Cereal Bars
- Pop Tarts

## On the Go/Snacks

- Chips(individual snack size)
- Snack size cookies
- Granola Bars
- Microwave Popcorn

## Basic Necessities

- Soap- travel size
- Soap containers
- Shampoo- travel size
- Conditioner- travel size
- Toothpaste- travel size
- Deodorant (Both men and women)
- Feminine Hygiene products
- Laundry Detergent- Pods
- Toothbrush
- Toothbrush cap
- Travel size bags to put toiletries items in

## Drinks

- Cases of bottled water
- Hot chocolate packets
- Tea packets
- Instant Coffee
- Emergency C packets
- Gatorade drink enhancer packets

## Other items

- Gallon Size Plastic Bags
- Plastic silverware
- Grocery store gift cards to purchase items for the food pantry
- Donate to the Food Pantry at <https://fgcc.secure.force.co/pmtx/dn8nSiteDonation?id=a0Ti000001gMHWi>

*Gizmo's Kitchen is sponsored by the Office of Student Affairs, Student Health Services, and Student Success and Equity. For further information contact Susan Berry at [susan.berry@gcccd.edu](mailto:susan.berry@gcccd.edu)*