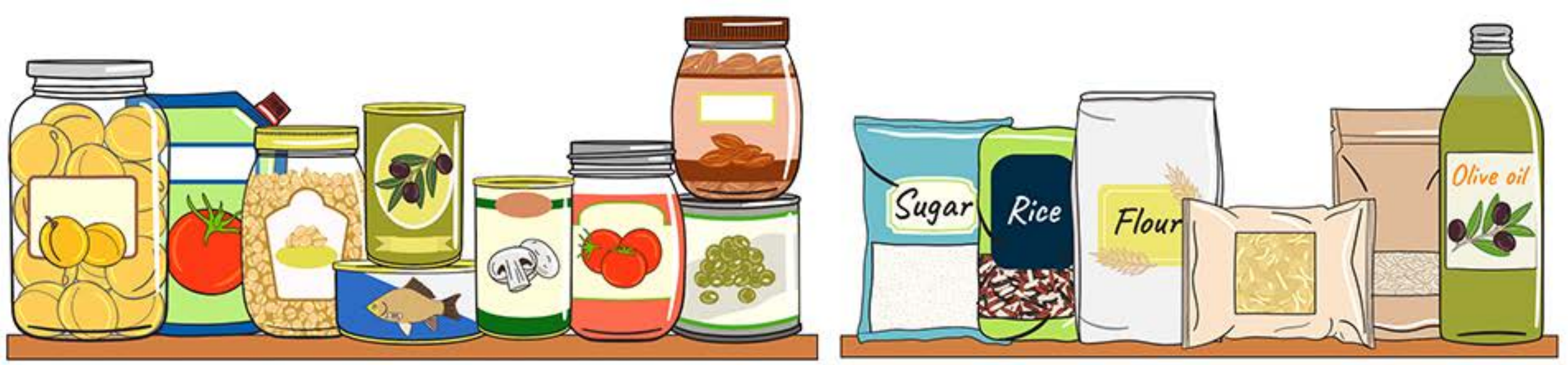




ENMU Food Pantry Most Needed Items

Category	Items	Notes
High-Demand Food Items	Canned Proteins: Spam, Canned chicken, Canned tuna Staples: Rice (bags or boxes), Ramen noodles	Shelf-stable, nutritious foods most requested by students
Hygiene Items for the Resource Closet	Deodorant, Body wash, Shampoo	Essential for student well-being
Additional Items	Any non-perishable food, Pet food, Hygiene products	Help stock up for the semester

Important Note

Before bringing canned items, please check their expiration dates to ensure they are safe and usable. We appreciate your help in keeping donations fresh and effective.

Non-perishable food/pet food items valued at \$20 equivalent

Equivalent Value: Based on Feeding America guidelines, \$20 equates to about 10–12 pounds of donated food (at ~\$1.67/lb fair market value). For the LA Regional Food Bank (similar to ENMU's scale), \$25 provides up to 100 meals, so \$20 could cover ~80 meals' worth of staples.

Suggested Items: A \$20 basket might include 2–3 cans of tuna/soup (\$3–\$5), 2 boxes of pasta/rice (\$4), 1 jar of peanut butter (\$3), 2 bags of beans (\$4), and pet food if applicable (\$4–\$6).

Thank you for supporting the ENMU Food Pantry!
Your contributions make a real difference
in combating food insecurity for our
Greyhound community!