

Food Pantry Guidelines

Donations:

- Although we appreciate all food donations, we highly encourage food and beverage that allow for the Otis College population to make healthy, informed choices
- The food pantry will only allow for non-perishable, canned and boxed items
- All food donations should be dropped off at the front desk of the Student Life Center.

Type of Food	Donation Information
Fruits and Vegetables	<ul style="list-style-type: none"> ● Canned, dried or frozen produce or herbs/spices ● Canned fruit in lite syrup or 100% juice
Grains	<ul style="list-style-type: none"> ● 100% whole grain products ● Any whole grains (rolled oats, barley, wild/brown rice)
Mixed Foods	<ul style="list-style-type: none"> ● Canned soups that are plant-based entrees or include lean meats ● Avoid deep-fried items and trans fats
Protein	<ul style="list-style-type: none"> ● Lean canned meats (chicken, turkey, canned tuna) ● Nuts, seeds, beans, lentils
Beverages	<ul style="list-style-type: none"> ● Low-calorie Beverages: zero-calorie, diet ● Juice: 100% fruit or vegetable juice or juice blends with no added sweeteners
Basic Necessitates	<ul style="list-style-type: none"> ● Soap, Toilet Paper, Shampoo, Conditioner, Toothpaste, Lotion, Deodorant, Feminine Hygiene (Tampons/Pads), Laundry Detergent, Dryer Sheets

Utilization Guidelines:

- All enrolled students will have open access to the Food Pantry using their One-Card.
- Students do not pay for any items, however, students are encouraged to take only what they need and that they keep in mind that the food pantry is to be shared amongst all students who are in need of food.
- Please read all labels to be sure you avoid any allergies or dietary restrictions-- it is your responsibility to read all packaging.
- Please remove all open packages or empty boxes. Don't leave trash around.
- Help keep the shelves orderly and organized.
- Do not consume food while in the Food Pantry.
- Clean up after yourself.
- Help us keep the food pantry going and submit a food pantry comment/survey!