



# SCC'S FOOD PANTRY: ARTIE'S FIT MARKET REQUESTED FOOD DONATION LIST

Use the drop-boxes inside buildings around campus, or bring your donations to the Office of Student Experience & Leadership (SC-185, next to the cafeteria).

## PLANT PROTEIN

Dry Beans or Lentils  
Dry Peas  
Peanut or Almond Butter  
Canned Beans  
(Low sodium if possible)  
Canned Peas  
(Low sodium if possible)  
Dried Nuts and Seeds – snack

## ANIMAL PROTEIN

(Low sodium if possible)  
Canned Tuna or Salmon  
Canned Ham  
Canned Chili  
Canned Chicken or Turkey  
Canned Beef

## DAIRY & DAIRY ALTERNATIVES

(Must be shelf stable)  
Dehydrated Milk or  
Powdered Milk  
Soy Milk  
Oat "Milk"  
Canned Evaporated Milk  
Almond Milk  
Instant Breakfast Drinks  
Other "Milk" Alternatives  
(Fortified with Calcium,  
Vitamin D, & Vitamin B12)

## WHOLE GRAINS

Whole Grain Rice or Pasta  
Steel-cut or Rolled Oats  
Whole Grain Crackers  
Popcorn  
Quinoa  
Whole Grain Dry Cereal  
Whole Grain  
Granola Bars – snack

## ENRICHED GRAINS

Dry Pasta & Noodles – all types  
Stuffing – bags and boxed  
Granola Bars  
Pancake Mix  
Rice – White or other mixed rice  
Dry Cereals (Cold/Hot Instant)  
Bread/Muffin Mixes  
Enriched Flour  
Gluten-Free Grains  
(For members with Celiac disease  
or Gluten Intolerance)

## FRUIT

Canned Fruit in 100% Juice  
(Low Sugar with focus on Vitamin A,  
Vitamin C, & potassium)  
Dried Fruit  
(without added sugar or fat)  
Fruit Cups – snack (shelf stable)  
Apple Sauce  
(Large jar or shelf stable individual  
cups)  
Fruit Juice – canned or boxed

## VEGETABLES

(low sodium if possible)  
Canned Vegetables  
(With focus on Vitamin A,  
Vitamin C, & Potassium)  
Dried Vegetables  
(Without added sugar or fat)  
Tomato Sauce, Pasta Sauce,  
Cooking Sauces  
(Low sodium if possible)  
Canned Tomato Products  
Spaghetti Sauce  
Potatoes – canned or boxed

## MIXED FOODS

(Low sodium if possible)  
Mac-N-Cheese  
Canned Soup – all varieties  
Canned Ravioli  
Microwaveable Soups

## MISCELLANEOUS

Coffee  
Olive or Canola Oil  
(Bottle or spray)  
Dried Herbs  
Honey  
Jelly/Jam  
(With minimal added sugar)  
Ketchup  
Mayonnaise  
(Shelf stable)  
Tea  
Salad Dressing  
(Healthy oils preferred)  
Dried Spices  
Sugar  
Maple Syrup  
Mustard

## OTHER ITEMS

Forks, Spoons, & Knives  
(Plastic or reusable)  
Plates (Paper, plastic, or reusable)  
Bowls (Paper, plastic, or reusable)  
Napkins  
Can Openers  
Plastic or Reusable Bags

**FIT Market Contact: [ArtiesFitMarket@scottsdalecc.edu](mailto:ArtiesFitMarket@scottsdalecc.edu) | 480.423.6590**



**SCOTTSDALE  
COMMUNITY COLLEGE**

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