



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 | 480.423.6590



**SCOTTSDALE
COMMUNITY COLLEGE**

A MARICOPA COMMUNITY COLLEGE

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