

# Hawks’ Nest Student Food Pantry

## November Food Drive Staff/Faculty Competition



The competition will be judged using a point-based system based on our most needed items.

Donated items will be assigned a certain number of points based on their designation. Items can be worth anywhere from 1 – 4 points. Expired items will not count for any points. Please check the list below for our requested items and their accompanying point totals.

Questions can be directed to Kayla Collins, Student Activities Associate (Hawks’ Nest Manager)  
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**\*EXPIRED ITEMS = 0 POINTS\***

### 4 POINT ITEMS - Complete Ready-Made Meals & Personal Care Items

#### Ready-made and microwaveable meals with protein and carbs

- “Compleats,” similar microwave meals
- Shelf-stable protein and rice bowls, “Protein Bowls” (i.e. Tasty Bite, Simple Truth, Seeds of Change)
- Grab-N-Go Lunch Kits (i.e. Chicken/Tuna Salad with Crackers and Fruit)
- Pasta and meat microwave meal cups

#### Regular Size Toiletries and Personal Care

- Pads and tampons
- Deodorant
- Toothpaste
- Shampoo and conditioner
- Laundry detergent
- School supplies
- Baby wipes and diapers

#### High-Demand Food Items

- Ful Medames (Canned cooked fava beans)
- Canned hummus
- Canned grape leaves
- Dates (sealed, in bag)
- Canned baba ghanoush
- Halal certified corned beef or luncheon loaf (With a halal certification logo on the packaging, such as those from IFANCA)

### 3 POINT ITEMS - Meal Component Kits, Family Size/Multiple Meal Items, Starchy Side Dishes

#### Meal Kits and Starchy Side Dishes

- Vermicelli and Rice Mixes
- Hamburger Helper
- Pasta mixes (“Knorr,” “Rice-a-Roni,” etc.)
- Pasta Sauce
- Regular-size boxes of pasta (spaghetti, cavatappi, etc.)
- Meats (Tuna pouches, cans of chicken, “SPAM,” etc.)
- Boxed Stuffing, Corn muffin mix, etc.

#### Soups and Meal Components

- Peanut butter
- Jelly
- Dried bags of beans
- Bags of Rice
- Ready-to-eat Soups (not condensed)
- Spaghetti with sauce microwaveable meal cups
- Regular-size cereal boxes
- Boxed stuffing
- Canned cranberry sauce
- Canned pumpkin
- Pie mixes
- Canned yams/Sweet potatoes
- Gravy mixes

### 2 POINT ITEMS - Pantry Staples and Snacks

#### Pantry Staples

- Canned beans (Black beans, pinto, kidney, great northern/cannellini, chickpeas, baked beans, etc.)
- Fruit cups
- Nuts & dried fruit (Regular size or multi-packs)
- Granola bars (in box)

#### Snack Items (Healthier options are encouraged)

- Raisins
- Goldfish crackers (regular-size bag or minis in a multi pack)
- PB cracker sandwiches (sold as packs)
- Cheese cracker sandwiches (sold as packs)

### 1 POINT ITEMS - Ingredients

#### Canned Food Items

- Canned Vegetables (Recommended: mixed vegetables, mushrooms, potatoes, carrots, tomatoes, green chiles, spinach, etc.) *Please do **not** donate canned green beans or corn at this time.*
- Canned Fruits (Pears, pineapple, peaches, etc.)
- Condensed soups (cream of chicken, tomato, etc.)

#### Lower-Demand Items

- Oatmeal packs
- Instant mashed potatoes
- Spices and condiments
- Misc. canned food items (i.e. condensed milk, applesauce, pork and beans, etc.)

Mini/bite-size items or single-serving individually wrapped items, outside of a pack (i.e., single-serve packet of trail mix, individual cheez-it snack pack, 1 granola bar, etc.) will be counted as: **4 small items = 1 point**

**\*EXPIRED ITEMS = 0 POINTS\***