

NSU Florida

SHARK PANTRY

NEW SHARK PANTRY GUIDELINES

10 LBS PER PERSON WEEKLY

- 3 Cans of Vegetables**
(not counted towards 10 lbs)
- 2 Fruit Shelf Items**
(ex: fruit cups, canned fruit, applesauce)
- 2 Cans of Beans**
(ex: lentils, chickpeas, black beans)
- 2 Cans of Protein**
(ex: tuna, canned chicken, canned ham, sardines, chilli, vienna sausages, salmon)
- 2 Cans of Tomato Items**
(ex: pasta sauce, tomato sauce)
- 2 Grain Items**
(ex: rice, pasta/spaghetti, mac&cheese, cereal)
- 2 Ramen Items**
(ex: chicken, beef, shrimp ramen)
- 1 Bread**
Weekly
- 1 Pancake Mix Box**
or 2 pancake cups
- 4 Snacks**
(ex: 2 different snacks 2 of each = 4)
- 2 Canned Meals**
(ex: soups, chef boyardee, chilly, manwich)
- 1 Bag of Chips**
(ex: tortilla chips, peanuts)
- 1 Condiments**
(ex: ketchup, mayo, mustard, oil, syrup)
- 1 Spread Item**
(ex: peanut butter, hazelnut spread)
- 1 Box of Eggs**
(ex: 6 egg carton)
- 1 Freezer Item**
(ex: pizzas, fruit, vegetables)
- 1 Fridge Item**
(ex: deli, cheese, nuggets or 2 yogurts)
- 1 Milk**
Weekly (refrigerated or shelf stable)

SUBJECT TO AVAILABILITY

If not on the list, please ask a staff member or volunteer

For more information, contact us at foodpantry@nova.edu