

# HELP FIGHT HUNGER ON CAMPUS!!!

Help support the JKC Food Pantry! Our new food pantry is available to students at MCCC who are food insecure. Food insecurity means that a person does not have reliable access to a sufficient quantity of affordable, nutritious food to maintain good health. According to the 2016 report *Hunger on Campus: The Challenge of Food Insecurity for College Students*, research found that HALF of community college students are food insecure, and 25% are very food insecure!<sup>1</sup>

You can help make a positive impact on MCCC student lives by donating certain food items, specifically individual/ready-to-eat/snack pack/etc. portions. We cannot accept perishable, glass, bulk, damaged, opened, or expired items. Below is a list of suggested items. We also accept monetary, checks and gift cards (Shop Rite, Wegmans, Walmart, Costco, Amazon, etc...)

BREAKFAST	RAMEN/SOUP	DRINKS	SNACKS
<ul style="list-style-type: none"> <li>• Oatmeal/Grits (instant)</li> <li>• Cereal (individual bowls)</li> <li>• Granola &amp; Fruit Bars</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Noodles</li> <li>• Ramen/Noodle Bowls</li> <li>• Pop-top Soups (microwave)</li> </ul>	<ul style="list-style-type: none"> <li>• Juice Boxes/Bottles</li> <li>• Powerade/Gatorade</li> <li>• Water (16oz-1ltr)</li> <li>• Vitamin Water</li> </ul>	<ul style="list-style-type: none"> <li>• Applesauce, Pudding, Jello</li> <li>• Chips, Pretzels, Popcorn, Crackers, Cookies</li> </ul>
BEANS, MEATS, & PROTEINS	FRUITS & VEGETABLES	RICE, PASTAS, STARCHES, & SIDES	OTHER
<ul style="list-style-type: none"> <li>• Peanut Butter, Beans</li> <li>• Trail Mix, Nuts, Seeds</li> <li>• Tuna/Salmon/Chicken</li> <li>• Chef Boyardee, pop-top microwave meals.</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit cups</li> <li>• Canned fruit/veggies</li> <li>• Dried Fruits</li> <li>• Tomato Sauces</li> <li>• Grape Jelly</li> </ul>	<ul style="list-style-type: none"> <li>• Mac &amp; Cheese</li> <li>• Pasta/Noodles</li> <li>• Rice/Quinoa</li> <li>• Microwaveable meals/sides</li> </ul>	<ul style="list-style-type: none"> <li>• Toiletries (soap, dental, deodorant, etc.)</li> <li>• Feminine Products (pads, tampons)</li> </ul>

THANK YOU FOR YOUR CONSIDERATION AND SUPPORT!

Donations can be dropped off in room KC403

For more information please call: 609-570-3160 or e-mail: [onealb@mccc.edu](mailto:onealb@mccc.edu)



The Pantry  
Mercer County Community College  
at the James Kerney Campus

<sup>1</sup> [http://cufba.org/wp-content/uploads/2019/03/Hunger\\_On\\_Campus.pdf](http://cufba.org/wp-content/uploads/2019/03/Hunger_On_Campus.pdf)