DONATION WISH LIST

OODLES OF NOODLES

for the Cougar Cupboard

BOXED PASTA & DRY NOODLES

- Spaghetti, penne, rotini, elbow macaroni, and rigatoni
- Egg noodles
- Whole wheat and gluten-free pasta
- Lasagna noodles and shells
- Rice noodles and lo mein noodles

QUICK & EASY FAVORITES

- Instant ramen (cups and packs)
- Easy mac and microwaveable mac and cheese cups
- Boxed mac and cheese
- Cup noodles and noodle bowls
- Instant pasta sides (Pasta Roni, Knorr, etc.)
- Microwaveable pasta cups

NOODLE SOUPS & READY MEALS

- Canned chicken noodle soup
- Canned ravioli, spaghetti rings, and beef-a-roni
- Pho and udon noodle kits
- Stir-fry noodle kits

SAUCES & TOPPERS

- Jarred pasta sauce (marinara, alfredo, meat-free)
- Canned tomato sauce and diced tomatoes
- Dried fruit
- Honey, peanut butter, jellies & jams
- Olive oil and cooking sprays

ADD-INS TO MAKE IT A MEAL

- Canned chicken, tuna, and turkey
- Canned vegetables (peas, carrots, corn, green beans)
- Canned or shelf-stable mushrooms
- Shelf-stable almond milk
- Soup broth and bouillon cubes

OTHER FOOD ITEMS

- White, brown, and jasmine rice
- Dry beans
- Grains, oats, quinoa, oatmeal, and whole-grain cereal
- Microwave popcorn
- Eggs
- Fresh carrot, potatoes, and root vegetables
- Fresh apples, pears, bananas, and oranges
- Flour tortillas
- Trail mix, snack size cheese & crackers, granola bars, snack size chips, fruit snacks

EXTRAS THAT HELP

- Trash bags
- Paper towels
- Sponges and dish soap
- Laundry pods
- Toilet paper
- Body wash
- Men's deodorant

DONATION TIPS

- **Donations can be dropped off in Rendlman Hall, Room 2306, Monday–Friday between 8 am and 4:30 pm, or at the Cougar Cupboard in Room 0012 of the Morris University Center.**
- Please make sure items are unopened.
- Single-serve items are especially helpful for people with limited cooking access.
- Low-sodium, whole grain, and allergy-friendly options are always welcome.
- Monetary donations let us buy in bulk, so every dollar goes further.

SIUE COUGAR CUPBOARD