



# COUGAR CUPBOARD

Spring 2023

## THE BASICS



### Hours of Operation

Monday: 2-4 pm  
Tuesday: 8-10 am  
Wednesday: 4-6 pm  
Thursday: 3-5 pm  
Friday: 2-4 pm  
Saturday: 1-3 pm

*Shopping in the Cupboard is by appointment only. Please visit the website (QR code below) for more information. Times will vary during breaks and holidays*



### Location

The Cougar Cupboard is located in the Morris University Center (MUC) on the 2<sup>nd</sup> floor. Following signage toward the International Room the Cupboard is directly across the hall from the International Room.



## HOW YOU CAN HELP

### Hold a Food Drive

Contact our office for details on hosting a food drive.

### Hold a fundraiser

Holding a fundraiser for the Cupboard is helpful too! Monetary donations help us with small expenses (office supplies, our holiday food programs, etc...)

### Volunteer

Interested in volunteering? Email us and let us know. We'll contact you back to let you know how volunteering works at the Cupboard. There is a short but necessary training for all volunteers.



## THINGS TO KNOW

**New client first visits** – Things to know: Go to our website, sign up for your appointment, complete the New Client form, bring your SIUE ID, or know your 800#.

Food donations should be scheduled for drop off. **Please email/call ahead if you're planning a food drive.** Scheduling a drop off time ensures we have proper volunteer staff and space available to accommodate the donation.

**All donations should be taken to the Kimmel Student Involvement Center in the MUC – Open 8am-4:30pm M-F**

- We can only accept un-opened nonperishable foods
- Monetary donations can be made on the SIUE Cougar Cupboard website
- We can now assist clients with SNAP benefit applications

## WHAT WE DO & HOW WE HELP

The Cougar Cupboard provides food and mainstay toiletry items to active students, staff, and faculty that find themselves in need.

We can provide **up to three days of food one time per month to a client** at the Cougar Cupboard.

## CONTACT INFORMATION

PHONE: 618-650-2686

EMAIL: [cougarcupboard@siue.edu](mailto:cougarcupboard@siue.edu)

## ITEMS WE CURRENTLY NEED

**Canned Fruit**

**Oatmeal (single flavored packs)**

**Cereal**

**Canned Chicken**

**Peanut Butter**

**Pasta Sauce**

Canned Tomatoes

**Rice**

**Canned Beans** Canned Carrots

Canned Peas

Canned Mixed Vegetables Canned

Corn

Canned Green Beans

Canned Potatoes

**Conditioner & Shampoo**

**Body Wash & Deodorant**

Paper Towels

Toilet Paper

Website

Instagram

Facebook

