

Nonperishable Food & Toiletry Donation List

We cannot accept bulk items/items that need repackaging

Nonperishable Food

- Rice
- Oatmeal
- Instant mashed potatoes
- Pasta
- Pasta sauce
- Canned fruits and vegetables
- Beans (dried and canned)
- Canned meats (tuna, chicken, beef, ham, etc.)
- Chili
- Soups
- Non-perishable box meals and microwavable meals
- Peanut butter
- Fruit preserves and spreads (jelly, jam, etc.)
- Cereal
- Crackers, chips, popcorn
- Dried fruit
- Granola bars
- Nuts & seeds
- Fruit snacks
- Shelf-stable milk and milk substitutes
- Chicken, beef, vegetable stock/broth
- Oils (olive, vegetable, canola, etc.)
- Condiments (ketchup, mustard, mayonnaise, honey, etc)
- Apple sauce
- Juice (must be shelf-stable, no refrigerated juices)
- Whole grains (quinoa, barley, couscous, etc.)
- Dried herbs and spices
- Coffee and tea
- Baby food

Toiletries

- Shampoo
- Conditioner
- Lotion (body and face)
- Laundry detergent (small bottles or pods)
- Dish soap
- Bar soap (must be individually packaged)
- Fabric softener
- Tampons and pads
- Diapers
- Powdered baby formula
- Toothpaste
- Toothbrushes
- Deodorant
- Toilet paper
- Paper towels

**Have items to
donate?**

Email
loborespect@unm.edu
or call 505-277-2911

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OF STUDENTS

 LoboRESPECT
ADVOCACY CENTER