Common Goods  
Westfield State’s Food Pantry  
Suggested Donations

At Common Goods, we strive to provide food options that are low in sodium and sugar and high in protein and nutrients.

### Proteins
- Cans of Tuna
- Cans of Chicken
- Beef & Turkey Jerky
- Canned Chili & Stew
- Canned Beans
- Peanut Butter
- Unsalted/Lightly Salted Nuts: Almonds, Walnuts, Mixed Nuts

### Vegetables
- Pasta Sauce
- Lower-Sodium Soups
- Canned Beans: Black, Pinto, Chickpea, Red Kidney, White Navy, Lentil, etc.
- Canned Veggies: Carrots, Peas, Corn, Tomatoes, etc.

### Fruits
- Canned Fruits
- Fruit Cups
- Raisins & Dried Fruits
- 100% Fruit Rolls
- Unsweetened Applesauce
- Reduced-Sugar Jelly/Jam
- Reduced-Sugar Juice Boxes

### Breakfast
- Boxes of Low-Sugar Cereal
- Instant Oatmeal (individual packets)
- Pancake Mix & Syrup
- Tea Bags & Coffee

### Snacks
- Tortilla Chips & Salsa
- Cheese & Cracker Packs
- Granola Bars
- Graham Crackers
- Pretzels & Popcorn
- Jell-O

### Pantry Items
- Spices: Cinnamon, Oregano, Garlic & Onion Powder
- Cooking Oil
- Mayonnaise & Mustard
- Paper Products
- Basic Utensils
- Plastic Wrap & Aluminum Foil
- Sandwich Bags
- Can Opener

### Starches
- Rice: White & Brown
- Pasta: White & Wheat
- Instant Potatoes
- Low-Sodium Flavored Noodles
- Macaroni & Cheese
- Canned Pasta & Ravioli

### Basic Necessities
- Soap
- Toilet Paper
- Shampoo & Conditioner
- Toothpaste & Toothbrush
- Lotion
- Deodorant
- Feminine Hygiene Products
- Laundry Detergent & Dryer Sheets

**Please, no expired, dented, open, or broken containers.**

Donations can be left in designated bins across campus:

- Horace Mann Center (Main Lobby)
- Wilson Hall (Commuter's Common Area)
-Parenzo Hall (near TRiO, first floor)
- Ely Campus Center (Campus Center Service Window & Diversity/Inclusion Offices)
- Albert & Amelia Ferst Interfaith Center