



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

Starches

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

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

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