Open to people experiencing food insecurity, the Field and Fork Pantry supports UF students, faculty, and staff who need help finding healthy food. At the University of Florida, every Gator counts. Please consider feeding a friend by donating today!

**THE BELOW ITEMS ARE THE MOST VALUABLE TO OUR PANTRY GUESTS. ALL DONATIONS ARE WELCOME.**

### SAUCES
- Tomato Sauce
- Mushroom Sauce
- Cheese Dip
- Cranberry Sauce
- Gravy

### GRAINS
- Cereal
- Oatmeal
- Rice
- Pasta
- Bread
- Popcorn
- Potatoes
- Crackers
- Chips

### DRINKS
- Coffee
- Tea
- Shelf Stable Milk
- Juice

### SOUPS
- Canned Soup
- Beanie Weenies
- Chili
- Ramen Noodles
- Beef Stew

### PROTEINS
- Nuts
- Nut Butter
  (Peanut, Almond)
- Canned Meats
  (Chicken, Tuna, Sardines, Salmon, Sausage)
- Dry Beans and Lentils

### FRUITS
- Canned Fruit
- Fruit Cups
- Dried Fruit

### BABY ITEMS
- Baby Food
- Formula
- Diapers

### CONDIMENTS
- Dressing
- Spices
- Relish
- Ketchup
- Mustard
- Oil
- Syrup
- Jelly

### TOILETRIES
- Tooth Brush / Tooth Paste
- Lotion / Sun Screen
- Soap
- Shampoo / Conditioner
- Feminine Hygiene Products

### MISCELLANEOUS
- Toilet Paper / Paper Towels
- Cleaning Supplies

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**WHERE TO FIND US?**
Between McCarty Hall and Food Science & Nutrition

**AVAILABLE TO?**
All students, faculty, and staff with a valid Gator 1 card

**WHEN ARE WE OPEN?**
Visit fieldandfork.ufl.edu for operating hours

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**BROUGHT TO YOU BY:**

[Logos of UF and IFAS]