

THE NEW SCHOOL

FOOD PANTRY UPCOMING EVENTS

**Food Pantry Kickoff
Event: Open House
and Food Drive**
Friday, April 22, 2016
12:00–4:00 p.m.
Food Pantry
6 East 16th Street
12th floor

Stop by The New School's new food pantry for an open house, budget food demo led by a nutritionist, and food drive (see the back of this sheet for items needed).

**Food Pantry Volunteer
Orientation**
Tuesday, May 3, 2016
5:00–6:00 p.m.
Food Pantry
6 East 16th Street
12th floor

New School staff, faculty, or students who are interested in volunteering at the Food Pantry should attend this volunteer orientation.

**The Struggle is Real
Part Two**
Monday, April 18, 2016
7:00–8:30 p.m.
Kerrey Hall
65 Fifth Avenue
lower level

Join this student discussion panel focusing on surviving and thriving at The New School on a budget.

The Food Pantry is located at 6 East 16th Street, 12th floor
(for wheelchair access, use elevator 1).

For more information, email foodpantry@newschool.edu or call 212.229.5900 x3710.

Sponsored by the President's Task Force on Food and Housing Security, Student Health and Support Services, and Student Housing and Residence Life.

Food Distribution Dates

Friday, April 29, 1:00–4:00 p.m.
Tuesday, May 3, 4:00–7:00 p.m.
Friday, May 13, 1:00–4:00 p.m.
Thursday, May 19, 1:00–4:00 p.m.
Friday, May 27, 1:00–4:00 p.m.
Tuesday, May 31, 4:00–7:00 p.m.
Friday, June 10, 1:00–4:00 p.m.
Tuesday, June 14, 4:00–7:00 p.m.
Friday, June 24, 1:00–4:00 p.m.
Tuesday, June 28, 4:00–7:00 p.m.

FOOD PANTRY ACCEPTED DONATIONS

The food pantry appreciates donations of unopened, shelf-stable, factory-sealed food items, including the following:

Proteins

- Canned fish, such as salmon, tuna, and sardines
- Canned meats, such as chicken and turkey
- Canned beans and bean soups
- Nut and seed butters such as peanut butter and sunflower seed butter
- Whole nuts and seeds (factory sealed)

Fruits

- Canned fruits, preferably packed in juice not syrup
- Dried fruits and fruit leather (sealed in factory packaging)
- 100% fruit juices

Vegetables

- Canned vegetables, whole and sliced (e.g., peas, beets)
- Canned vegetables, pureed (e.g., pumpkin)

Grains and other starches, including gluten-free options

- Rice, oats, barley, quinoa, spelt, etc.
- Dry cereal, hot cereal
- Pasta
- Crackers
- Popcorn kernels

Dairy

- Shelf-stable milk, boxed or canned
- Milk substitutes (e.g., soy, almond, and rice), boxed or canned
- Non-dairy creamer

Mixed and miscellaneous foods and condiments

- Oils, vinegars
- Sauces and dressings
- Soups, stews, and broths
- Coffee and tea (in factory packaging)
- Granola and energy bars
- Bagged, wrapped, or boxed snack foods
- Boxed or bagged mixes (e.g., mac and cheese, stuffing, cake mix, pancake mix)
- Salt, spices, dried herbs, sauces, sugar, syrup, pickles, jam, mustard, ketchup, mayonnaise, etc.

Household and personal care items

- Dish soap, paper towels, tissues, feminine hygiene products, floss, toothbrushes, toothpaste, bar soap, deodorant, mini bottles of shampoo, conditioner, body lotion, etc.

Open or damaged items cannot be accepted.