



# RAM PANTRY MOST NEEDED ITEMS

PLEASE NO GLASS CONTAINERS OF ANY KIND.



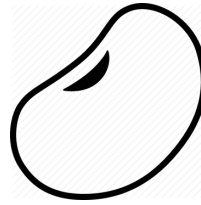
## TOILETRIES

Toothpaste, brushes, toilet paper, feminine products, shampoo, soap



## CANNED PROTEIN

Tuna, chicken & vienna sausages



## BEANS

Canned



## HEALTHY SNACKS

Fruit cups, raisins, granola bars, etc.



## TOMATO PRODUCTS

Sauce & diced



## WHOLE GRAINS

Pasta & rice



## CEREAL

Hot & cold



## CANNED FRUITS

In water & juice

# DONATE VIA



## ONLINE

Visit [support.vcu.edu/give/rampantry](https://support.vcu.edu/give/rampantry)



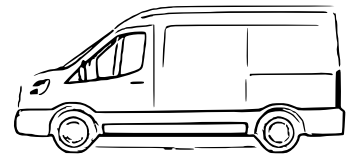
## RAM PANTRY

930 W Grace St.  
Richmond, VA 23222  
M 12-2pm, TU-F 11am-4:30pm



## LITTLE RAM PANTRIES

14 locations  
Visit [linktr.ee/rampantry](https://linktr.ee/rampantry) for more information



## PICK UP

Email [rampantry@vcu.edu](mailto:rampantry@vcu.edu) to make arrangements

930 W GRACE ST., RICHMOND, VA 23284  
RAMPANTRY@VCU.EDU - 804.828.4514  
[LINKTR.EE/RAMPANTRY](https://linktr.ee/rampantry)



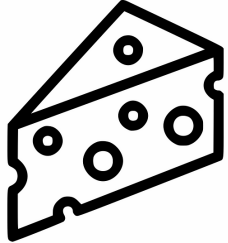
**VCU**

Student Affairs  
Dean of Students Office



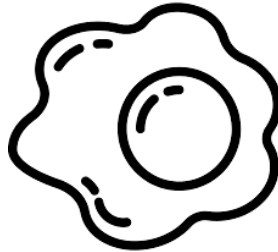
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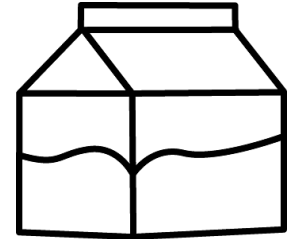


## DAIRY PRODUCTS

Yogurt, cheese & butter

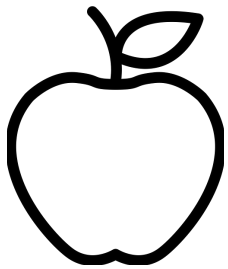


## EGGS



## MILKS

Dairy and nut milk alternatives



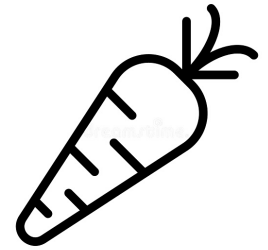
## FRUITS

Apples, oranges, bananas, berries & grapes



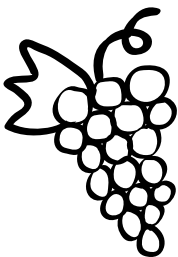
## LEAFY GREENS

Lettuce, spinach & mixed greens



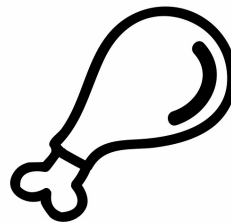
## VEGETABLES

Carrots, celery, potatoes & onions



## FRUITS

Grapes & berries



## MEATS

Lunch meat, bacon & frozen meats



## FROZEN GOODS

Dinners, vegetables & fruits

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