



Making Life Better

## Please Donate to our Fall 2021 Nutritious Food Drive!

**Sponsored By: USF Health Service Corps and USF Health Office of Shared Student Services**

### WHAT IS THE TIME PERIOD?

Monday, November 1<sup>st</sup> through Wednesday, December 1<sup>st</sup>

### WHERE CAN I BRING MY DONATIONS?

The WELL- Lobby  
College of Public Health - Lobby  
College of Nursing Tampa Campus - The Gathering Space  
College of Nursing St. Pete Campus: Port Building (main entrance) and Student Center (near information desk)  
College of Nursing Sarasota Manatee Campus - Room 226  
College of Medicine (MDD) – Student Affairs Office and Collegia Rooms  
College of Medicine Office of Graduate & Postdoctoral Affairs - Lobby  
School of Physical Therapy & Rehabilitation Sciences - Student Lounge  
Physician Assistant Program - Lobby  
College of Pharmacy - Group Learning Rooms - Lobby  
USF Health Faculty Office Building - Lobby  
USF Health South Tampa Center - Lobby  
COPH Living Learning Community - Poplar Hall, 7400 pod  
College of Behavioral & Community Sciences - MHC Building - Atrium  
University Professional Center - 3500 East Fletcher Avenue - Suite 530

### WHO WILL THE DONATIONS BE GIVEN TO?

USF Feed-A-Bull Food Pantry, San Jose Mission in Dover,  
Tampa Jewish Family Services Community Food Bank,  
Islamic Society of Tampa Bay Area

### WHAT ITEMS SHOULD I CONTRIBUTE?

Please donate only canned or boxed food items.  
By keeping a few simple tips in mind, you can enhance the value of the food donations you make, as noted in the suggestion box below. Thanks!  
Alternatively, you can make an on-line donation to:  
<https://giving.usf.edu/how/herdfunder/keep-feed-bull-student-pantry-stocked>

### Food Donation Suggestion Box

#### Recommended Canned or Box Food items:

- Whole grain, low-sugar cereals such as plain instant oatmeal and bran flakes.
- Whole grain or enriched pasta, crackers and instant rice.
- Canned vegetables, especially those without added salt.
- Reduced-sodium broth and soups.
- Fruits canned in juice, unsweetened applesauce, 100-percent fruit juice and dried fruit such as raisins.
- Spaghetti sauce, salsa and canned beans, including baked beans.
- Canned meats. Food pantries tend to receive a lot of canned salmon or tuna, so please consider other meats such as canned chicken, ham or beef. Do NOT donate meat that was canned at home.
- Peanuts and peanut butter.

#### Helpful Hints:

- Please be sure to check the expiration dates and the integrity of the canned or boxed food items.
- Please do NOT donate bread, rolls or other bakery items.
- Please do NOT donate any items that need to be refrigerated.
- Please do NOT donate fresh fruits or vegetables.
- Please do NOT donate items in glass jars.

### Thank you for your generosity!

Please feel free to contact Ellen Kent, MPH, CPH at [ekent@usf.edu](mailto:ekent@usf.edu) or 974-6622, if you have any questions pertaining to the food drive or if you would like to have another collection box in your building.