



Rations

FOR

Ravens

Rations For Ravens is a space created to support students, faculty, and staff of the **Franklin Pierce University** community by providing free access to food and hygiene products.

No questions asked! Come in and grab what you need from the following locations:

Center for Counseling & Outreach Lobby

Main Floor of New Hampshire Residential Building
Open Monday-Friday, 8:30am-4:30pm

(Coming Spring 2025)

Bray Center (24 Hour Study Space)
Basement of DiPietro Library

If you are wanting to donate, please drop off items at the Informational Desk in the Emily Flint Campus Center or in the Counseling Office during the hours listed above.

Questions? Email:

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FOOD ITEMS TO DONATE:

- **Oatmeal**
- **Granola bars / nut bars**
- **Canned / shelf-stable tuna and/or chicken**
- **Veggie chips (seaweed chips, kale chips, etc.)**
- **Nuts and nut butters (peanut butter, almond butter, sunbutter, etc.)**
- **Dried, freeze-dried or canned shelf-stable fruits**
- **Shelf-stable milk / plant-based milk (oat, almond, coconut, etc.)**
- **Water gallons**
- **Shelf-stable veggies with the pull can top (not for a can opener)**
- **Single serve apple/ fruit sauce**
- **Condiments and spices (ketchup, mayo, hot sauce, jelly, salt, pepper, etc.)**
- **Crackers (ritz, club, goldfish, cheez-itz)**
- **Cereal (cheerios, life, special-K, etc.)**
- **Snacks (popcorn, pretzels, cookies, etc.)**
- **Shelf-stable microwave friendly foods (microwave pasta, rice, mashed potatoes, etc.)**

HYGIENE PRODUCTS TO DONATE:

- **Deodorant**
- **Body wash**
- **Shampoo**
- **Conditioner**
- **Toothbrush**
- **Toothpaste**
- **Floss**
- **Lotion**
- **Facewash**
- **Make-up remover**
- **Hair detangler**
- **Shaving razors**
- **Menstrual products (pads, tampons, new menstrual cups)**
- **Cotton swabs (Q-tips)**
- **Chapstick**
- **Hand Sanitizer**
- **Hand Soap**
- **Tissues**
- **Laundry detergent**

***Items needed for all genders**

