

Rams Resource Center Suggested Donations

Most Needed Items – can openers, cereal, granola bars, oatmeal, shelf-stable milk, microwavable items, microwavable bowls, feminine hygiene products (especially pads), and razors.

Donation bins are located on campus in the Dean of Students Office (McCarthy Center, 5th floor), Office of Student Success (Dwight Hall, room 306), the Office of Veterans Services (Crocker Hall, Annex), and the Independent Association of Framingham State Alumni House (42 Adams Road).

Non-Perishable Food – microwavable items are especially popular

- Baby food
- Baby formula
- Baking supplies (e.g. flour, sugar, honey)
- Canned fruit/fruit cups in light syrup
- Canned ravioli/spaghetti o's
- Canned soup/stew/chili- both stovetop and microwave ready
- Canned vegetables – we have a large amount of green beans currently, but would appreciate other vegetables.
- Cereal
- Cereal bars and granola bars
- Chicken/vegetable stock
- Cooking oil (canola and olive oil)
- Couscous
- Crackers
- Fruit juice (especially low sugar/100% fruit)
- Gluten-free items
- Granola
- Instant coffee
- Instant hot chocolate
- Instant oatmeal
- Instant potatoes
- Instant Ramen
- Jam/Jelly
- Macaroni & cheese
- Microwaveable items (e.g. noodles in microwave safe bowls)
- Microwaveable rice (e.g. Minute Rice)
- Nuts- canned or jarred
- Pancake mix -add water only
- Pasta- both stovetop and microwave ready
- Pasta sauce
- Peanut butter
- Pizza crust –shelf stable
- Pop Tarts
- Protein shake mix

- Quinoa
- Rice- both stovetop and microwave ready
- Shelf-stable milk (including dairy-free options)
- Spices
- Snack items
- Tea
- Tortillas
- Trail mix
- Vegan items

Toiletries

- Baby wipes
- Blankets
- Can openers
- Cooking utensils
- Deodorant
- Diapers – all sizes
- Feminine hygiene products- especially pads
- Floss
- Hairbrush/hair ties
- Microwave safe bowls and plates
- Mouthwash
- Notebooks
- Pencils and pens
- Pots and pans
- Razors
- Shampoo and conditioner
- Shaving cream
- Soap
- Toothbrushes
- Toothpaste
- Tissues
- Utensils