



Sponsored by Ram Pantry

FREE FOOD

Take what you need, leave what you can!

Always wash produce before use!

Safe-for-consumption checks are performed three times a week

Donation Guide

YES 

- **Fresh, Uncut Produce**
- **Unopened/Sealed Dairy Products**
- **Unopened/Sealed Packaged Products and Meals**
- **Bakery Items (bagged/sealed)**
- **Eggs (must be in cartons)**
- **Sealed Non-Alcoholic Beverages**

NO 

- **Meat, Fish, Poultry**
- **Opened/Unsealed Items**
- **Home Cooked Food Items**
- **Medication**
- **Alcohol or Drugs**
- **Frozen Food Items**

Problem? Idea? Contact:

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Little Ram Pantries is an on-going research project to reduce food insecurity among VCU students. The project is sponsored by the Center for Environmental Studies and the Ram Pantry, part of the VCU Office of Student Advocacy. Please contact Dr. Jones with questions: jonesj39@vcu.edu. VCU IRB Protocol Number: HM20022858