PACK-A-BAG

Donate to the Cats’ Cupboard by packing a bag that offers just the right collection of food and goods. Use our recommended shopping lists as your guide!

**FEED A STUDENT**  
APPX. $10 | FEEDS ONE
- Canned chicken
- Canned corn
- Canned tomatoes
- Canned black beans
- Canned fruit
- Fruit juice
- Brown rice

**FEED A COUPLE**  
APPX. $15 | FEEDS TWO
- Canned salmon
- Dried black-eyed peas
- Lentils
- Quinoa
- Pasta
- Tomato paste

**FEED A FAMILY**  
APPX. $50 | FEEDS FOUR
- Sardines
- Pasta
- Pasta sauce
- Canned potatoes
- Canned mushrooms
- Olive oil
- Coconut milk
- Dried milk
- Oatmeal
- Canned fruit
- Mac and cheese
- Dried garbanzo beans
- Hearty soups
- Crackers

**BAKING SUPPLIES**  
APPX. $20 | FEEDS ONE
- Flour
- Sugar
- Cooking oil
- Baking soda
- Salt
- Baking powder
- Cinnamon
- Chocolate chips

**SNACKS**  
APPX. $5 | SMALL SNACK BAG
- Popcorn
- Granola bars

APPX. $10 | LARGE SNACK BAG
- Dates
- Pretzels
- Nuts
# Personal Products

**APPX. $20 | PERSONAL CARE**

- Body wash
- Shampoo
- Conditioner
- Razors
- Deodorant

# Cleaning Products

**APPX. $25 | SUPPLIES ONE**

- Dish soap
- Multipurpose cleaning spray
- Laundry detergent

# Personal Care

**APPX. $20 | HYGIENCE**

- Hand soap
- Hand sanitizer
- Tissues
- Toilet paper

# Hygiene

**APPX. $20 | MENSTRUAL CARE**

- Sanitary napkins
- Tampons or reusuable products
- Feminine wipes
- Baby wipes

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The Ohio University Foundation

BOBCATS Helping BOBCATS

Division of Student Affairs