

Rams Resource Center Suggested Donations

Most Needed Items—Cereal, granola bars, oatmeal, shelf-stable milk, microwavable items, 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 Enrollment and Student Development (Dwight Hall, room 306), the Game Room (McCarthy Center, 3rd floor), the Snack Bar (McCarthy Center, 2nd floor), 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
- 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 oatmeal
- Instant potatoes
- Instant Ramen
- Jam/Jelly
- Macaroni & cheese
- Microwaveable ready items (cup noodle, minute rice, Dinty Moore bowls, etc).
- Nuts- canned or jarred
- Pancake mix -add water only
- Pasta sauce
- Protein shake mix
- Quinoa
- Rice- both stovetop and microwave ready
- Shelf-stable milk (including dairy-free options) Spices
- Snack items
- Tea
- 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
- Utensils
- Notebooks /lined filler paper
- Pencils and pens
- Pots and pans
- Razors
- Shampoo and conditioner
- Shaving cream
- Soap
- Toothbrushes
- Toothpaste
- Tissues