

# JANUARY NEWSLETTER



## HOURS:

Mondays from 9am–11am

Tuesdays from 9am–11am

Wednesdays from 9am–11am



## EXPLORE OUR OFFERINGS!



## WHAT'S NEW IN >



- Marinara Sauce
- Bok Choy
- CeraVe Hydrating Cleaner
- Pasta Shells
- Campbell's New England Clam Chowder
- Lance Toast Chee Crackers
- Arnold Whole Wheat Sandwich Thins
- Couscous
- Diced Tomatoes
- Sweet Corn
- Profusion Eyeshadow
- Jarred Mangoes

## NEEDED ITEMS:

- Microwavable meals/rice
- Bar soap/shampoo
- Packet oatmeal
- Winter clothes/jackets
- Peanut/nut butters
- Canned fruit/fruit juice
- Sauces/Spices/Marinades
- Boxed mac & cheese/cups

### How To Donate:

Please drop off items during our hours of operation (M-W 9-11am).

Clubs can receive service hours for donating items. Inform staff if you would like service hours.

THE SHOP SERVES ROWAN UNIVERSITY STUDENTS ONLY. A ROWAN UNIVERSITY ID MUST BE PRESENTED AT POINT OF ENTRY.

**EVERY DONATION HELPS TO MAKE A DIFFERENCE IN OUR COMMUNITY!**

# Texas Caviar



## MONTHLY RECIPE

**Prep Time: 5 min.**

**Ingredients:**

- 1 can black-eyed peas
- 1 can sweet corn
- 1 can black beans
- 2-3 packets of Ken's Italian Dressing
- (Optional) Diced onion, pepper, cucumber, tomatoes, and/or spices.

**Directions:**

- Mix all ingredients in a bowl, enjoy!
- Serve as is, or with tortilla chips.
- Store for up to 4 days in the refrigerator.

**Nutrition Tips:**

- Rinse the canned ingredients before mixing to cut down on excess sodium.

**Why is this recipe nutritious?**

- Beans and black-eyed peas contain essential protein and gut-healthy fiber, Ken's dressing provides healthy unsaturated fats, and additional fiber and antioxidants are provided if vegetables are added.

# RECENT EVENTS:

The SHOP, in collaboration with Nutrition Care Club, hosted our first Nutrition Nook event. During this event, we provided information on how to find healthy options during pantry shopping, how to eat mindfully during the holidays. We also provided pantry-friendly recipe cards, freshly brewed coffee, and snacks! Our first Nutrition Nook event was a success, and we are excited to continue working on plans to expand it!



## STAFF SPOTLIGHT:



Our staff spotlight of the month goes to our Van Driver and newsletter coordinator, Leah Crilly. Leah is a senior, Nutrition/Dietetics major, and has worked with us since June 2025. Leah picks up rescued food donations from local grocery stores, and delivers them back to our pantry. She has also worked to expand our healthy pantry educational offerings, with a new project coming soon!



## IN THE NEXT ISSUE:

- A new healthy recipe
- Learn about our partners
- Connect with local community resources
- Recipe contest
- Volunteer spotlights!

# ACKNOWLEDGEMENTS:

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