

FEBRUARY NEWSLETTER



HOURS:

Mondays from 9am–11am

Tuesdays from 9am–11am

Wednesdays from 9am–11am



LEARN MORE ABOUT OUR PARTNERS!



PARTNER SPOTLIGHT:



A non-profit situated in West Deptford, NJ, the SJ Dream Center is committed to breaking the cycle of poverty with its donation outreach program and vocational training workshops. The Dream Center offers more than basic household necessities; in addition to its generous donations, the Dream Center hosts voluntary, 100% free workshops that teach practical skills, including financial literacy, job hunting, relationship coaching, and addiction counseling. Through this holistic approach, the Dream Center doesn't just provide temporary relief to the

population it serves; it empowers them with knowledge and connections that will last a lifetime. The Dream Center is also known for its "shop-like" model: Instead of giving out limited, pre-selected provisions, the Dream Center is set up like a retail store, where guests have a choice as they "shop" for the items they need. This "shop-like" system allows individuals to prioritize resources that would be most beneficial for their specific contexts. We at the Shop follow a similar model, hence our name!

We are fortunate to have the Dream Center as one of our partners. Every Wednesday, volunteers from the Dream Center supply us with sandwiches and meats from the Heritage Dairy Store (who also supply our milk), as well as the local Wawa. Food that would otherwise go to waste is safely sorted and distributed,

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!

and caloric, protein-dense products that would normally strain the budget are given out for free in abundant amounts. Notably, the Turkey Twisters and Buffalo Chicken Twisters from Heritage Dairy are popular among Shop regulars, where poultry is always in high demand. The Apple Fritters from Wawa are another popular pick, a perfect snack for sweet-toothed students who can't fit baking into their busy schedules. The satiety, convenience, and comfort this food provides cannot be understated; rich, flavorful food like this is just as essential as the shelf-stable, pantry staples that are normally offered at the Shop. Food is more than just sustenance, and having access to these treats goes a long way in improving quality of life and morale. that are normally offered at the Shop. Food is more than just sustenance, and having access to these treats goes a

a long way in improving quality of life and morale. As the new SNAP food restriction waivers are implemented this year, lower income populations in affected states will lose access to these options. We recognize the Dream Center's commitment in eliminating the stigma around assistance programs, focusing on agency and dignity as they empower local communities to make their own decisions. Everyone deserves to have something to look forward to; especially during times of hardship. More than ever, programs like the Dream Center deserve recognition and support. We thank the Dream Center for their service; not just for the work they do at the Shop, but for all of South Jersey! Thank you for making dreams come true, one act at a time.

Written by: Rei Ottman, Student Employee

STUDENTS CAN SCHEDULE AN ALTERNATE TIME TO COME IN IF A CLASS OR WORK COMMITMENT IS PROVIDED TO US VIA EMAIL AT THESHOP@ROWAN.EDU.

STUDENTS ARE ALLOWED 1 VISIT TO THE SHOP PER WEEK.

OUR OTHER PARTNERS:

FOOD BANK OF SOUTH JERSEY

Since 2018, the Food Bank of South Jersey has been an incredible partner of The Shop Pantry at Rowan University, helping ensure students have reliable access to fresh, nutritious food when they need it most. The Food Bank of South Jersey is a nonprofit and Feeding America member, now located in Pennsauken, NJ, and has become a leader in hunger relief, distributing over 150 million pounds of food, serving over 1 million fresh meals to children, and delivering tens of thousands of healthy food boxes to seniors. Beyond food distribution, the Food Bank empowers communities through health and wellness programs that build nutrition knowledge and promote healthy eating, while donating fresh, frozen, and canned goods to The Shop, helping students thrive both on and off campus.

PHILABUNDANCE

Philabundance is steadfast in its commitment to drive hunger from our communities today, and to end hunger for good. Also, a nonprofit organization and proud member of Feeding America, Philabundance, located in Philadelphia, PA, has been a trusted partner of The Shop Pantry at Rowan University since 2018, supporting students and communities across the region. What began over 35 years ago as a small food rescue effort operating out of a Subaru has grown into an innovative, community-driven organization that now

Local Resource:

The Wellness Center at Rowan University provides free counseling and psychological services to students, including free in-person and virtual therapy, as well as drug and alcohol counseling.

distributes more than 50 million pounds of food each year. Beyond food distribution, Philabundance reduces food waste by rescuing surplus food from farmers, retailers, and manufacturers, ensuring that good food reaches people instead of going to landfills. They also tackle the root causes of hunger through programs like the Philabundance Community Kitchen, launched in 2000, where over 422,000 nutritious meals were prepared while providing culinary arts training and real-world job skills. Through growth, advocacy, and creativity, Philabundance continues to invest in stronger, healthier futures for students and communities alike.

SHOPRITE OF GLASSBORO

Operated by Zallie Family Markets, ShopRite of Glassboro has grown right alongside the Rowan University community and remains a familiar, student-friendly destination. Recognized as the Best Food Store in Gloucester County in 2021 by the Gloucester County Chamber

of Commerce, ShopRite of Glassboro is known for its strong community roots, award-winning bakery, health and wellness offerings, and commitment to nutrition. Since 2023, ShopRite of Glassboro has proudly served as a Retail Rescue partner for The Shop Pantry at Rowan University, providing weekly donations of essential, nutritious foods, along with a few decadent desserts, to support students' needs. Through this partnership and its ongoing dedication to the Rowan community, ShopRite of Glassboro continues to make a meaningful impact, fueling student success and strengthening the campus community every step of the way.

DOLLAR GENERAL OF

GLASSBORO

Dollar General, proud to be America's neighborhood general store, has been a valued Retail Rescue partner for The Shop Pantry at Rowan University since 2024. From wholesome frozen meals and pantry staples to fun items for

students with young children, Dollar General helps ensure Rowan students have fresh, nourishing groceries and everyday essentials to fuel their busy lives on campus. Committed to its mission of Serving Others, Dollar General supports communities nationwide through programs in literacy, education, and opportunity, making it more than just a store, but a true partner in helping students succeed.

ACME OF SICKLERVILLE AND WEST DEPTFORD

ACME of Sicklerville and West Deptford, part of one of the largest food and drug retailers in the United States, has been a proud partner of The Shop Pantry at Rowan University since 2019. Dedicated to helping people across the country live better lives, ACME combines a strong local presence with national reach, supporting communities through programs in hunger relief, education, cancer research, disability services, and veterans outreach. At

Rowan, ACME Markets helps ensure students have access to nutritious and essential foods by donating pantry staples like peanut butter, canned goods, and cereal, alongside fresh produce, meat, and dairy. Through this partnership, ACME continues to make a meaningful impact, supporting student success and strengthening the campus community.

Written by: Chant'e Dingle, Student Intern

Simple Chocolate Truffles

♥made with love!♥

Ingredients

- 10 oz. chocolate chips or a finely chopped chocolate bar
- 2 tbsp unsalted butter
- ½ cup heavy cream

Ideas for Coating Truffles:

- unsweetened cocoa powder
- crushed nuts
- crushed freeze dried strawberries
- shredded coconut



Instructions

1. Melt the chocolate, cream, & butter in a microwavable bowl on high for 30 seconds. Do this 4 times and make sure to stir in between each interval.
2. Cover the bowl with a heat proof plate and let it sit for 5 minutes. After 5 minutes, stir everything until it's smooth. This is the ganache.
3. Refrigerate the mixture for 6 hrs.
4. After 6 hrs., take a teaspoon of ganache & roll it into a ball.
5. Pour your choice of topping on a plate.
6. Roll the balls onto the plate with your choice of topping.
7. Store extras in the fridge and serve the rest. Enjoy!

★Pink Pasta★

Prep: 10 mins Cook: 35 mins

Ingredients:

- 8 oz pasta (shape of your choice)
- 3 medium red beets
- 1 Onion (opt. sub for 1 tsp onion powder)
- 1 garlic head (opt. sub for 1 tsp garlic powder)
- 2 oz of goat cheese, feta, or greek yogurt
- About 2 tbsp oil of your choice

Instructions:

- 1.) Coat beets in oil (salt opt). Place the beets in a baking dish, and roast on 400 F for 20-25 mins (if using fresh onion/garlic, slice each in half, add to baking dish, and roast with the beets).
- 2.) Cook pasta according to package. Reserve 1 cup of pasta water.
- 3.) Add beets, onion/garlic (fresh or powder), goat/feta cheese/yogurt, and any seasonings of your choice (honey, basil, pistachios ect.) to a blender/food processor with 1 tbsp of oil, and 1/4 cup of pasta water (add more if too thick).
- 4.) Combine cooked pasta with prepared sauce. (Opt.) Garnish with goat/feta cheese. Enjoy!

Adapted from: <https://www.jocooks.com/recipes/beets-and-goat-cheese-pasta/>

RECIPE CONTEST:

To enter our recipe contest, submit one original recipe per person to the email ,crilly15@students.rowan.edu, by 2/26/26. The contest is open to all Rowan University students. Optional but encouraged: share with us your name, major, why this recipe is special to you, and/or a photo of yourself. One winning recipe will be selected by our editorial team, and the winner will be notified by 3/1. We can't wait to see your recipes!

VOLUNTEER SPOTLIGHT:



Our volunteer spotlight of the month goes to one of our most loyal volunteers, Monique Peña, who has collaborated with The Shop since Sep. 2023 in various aspects. She is the vice president of Nutrition Care Club, and has worked with our graduate coordinator to put together a recipe book for The Shop to have available for shoppers that includes nutrition majors' favorite recipes, to be published soon!



IN THE NEXT ISSUE:

- Budget - friendly meal planning tips
- Food safety & storage Tips
- Pantry Item Feature
- More community resources

PLEASE SHARE OUR NEWSLETTER WITH ANYONE WHO MAY NEED IT!

ACKNOWLEDGEMENTS:

Andrew Perrone, Ed.D
Chant'e Dingle
Rei Ottman
Leah Crilly
Monique Peña

