

MARCH NEWSLETTER



HOURS:

Mondays from 9am-11am

Tuesdays from 9am-11am

Wednesdays from 9am-11am



SEE WHAT'S "FRESH" THIS MONTH!



PANTRY ITEM FEATURE:

For this month's pantry item, we will be featuring **canned beans**! The SHOP offers many different kinds of canned beans such as green beans, black beans, chickpeas, great northern beans, kidney beans, and even pinto beans. Beans offer many health benefits. They are a great source of plant-based protein and fiber. They help keep your digestive track moving, keep your microbiome happy, and they can help lower cholesterol levels. Beans can keep you full for a longer period of time and reduce blood sugar spikes thanks to the fiber. Beans are used in many tasty dishes such as hummus, habichuelas guisadas (Dominican stewed

beans), monggo (Filipino mung bean stew), and even in popular desserts such as red bean mochi. Canned beans are a pantry staple because they're affordable, shelf stable, and versatile. There are so many ways you can use canned beans! You can add them to your chili, put together a bean dip, roast chickpeas and add them to your salad, mash them to make refried beans, or add a can of beans into your soup to add extra protein and fiber. Beans also work as a great meat substitute and can be used to make black bean patties or to make meatless/tuna-less chickpea salad. There are even recipes that use beans to make desserts such as black bean brownies, hummus, and vegan cookie dough made out of chickpeas. Overall, beans are tiny but mighty!

Written by: Monique Peña,
Student Volunteer

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!

RECENTS EVENTS:

The Shop recently hosted a Nutrition Nook tabling event, with a “Heart Healthy” theme in the spirit of Valentine’s Day. We provided heart healthy recipes, nutrition tips, and resources from the American Heart Association. During this event we held a heart-themed scavenger hunt, asking shoppers to find a heart, and answer the nutrition trivia question on the back of the heart to win a prize. We are excited to provide nutrition education to our student shoppers throughout our future events!



If you missed our “Heart Healthy” Nutrition Nook event, check out the resources below!

- [How To Manage Stress | American Heart Association](#)
- [How To Get Healthy Sleep | American Heart Association](#)

STUDENTS ARE ALLOWED 1 VISIT TO THE SHOP PER WEEK.

PARMESEAN-CRUSTED BRUSSELS SPROUTS

PREP: 25 COOK: 15
SERVES: 3-4

INGREDIENTS:

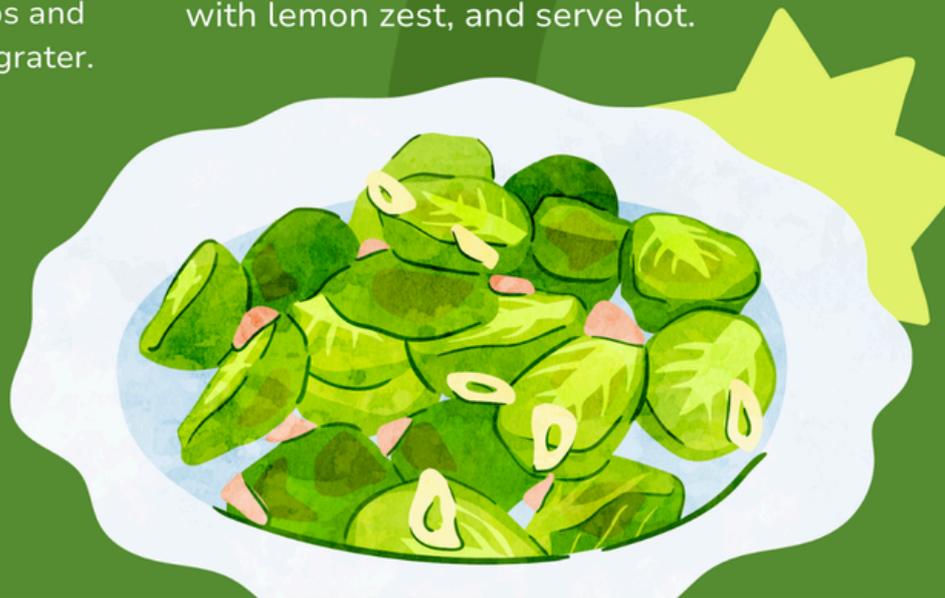
- 1 pound Brussels sprouts, trimmed and halved
- ½ cup finely shredded Parmesan cheese
- ⅓ cup unsalted butter, melted
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon kosher salt
- ¼ teaspoon coarsely ground black pepper
- 1 teaspoon lemon zest

EQUIPMENT:

Oven, large rimmed baking sheet, parchment paper, cutting board, chef's knife, mixing bowl, measuring cups and spoons, spatula or tongs, cheese grater.

DIRECTIONS:

1. Preheat oven to 425°F (220°C).
2. Make cheese mixture. Mix Parmesan, butter, garlic powder, onion powder, salt, and pepper.
3. Arrange sprouts. Spread the cheese mixture in an even layer on a large nonstick rimmed baking sheet. Place Brussels sprouts cut-side down on top, spaced slightly apart.
4. Bake. Bake 16–18 minutes, until sprouts are tender and the cheese is golden and crisp. Let cool 5 minutes.
5. Serve. Carefully separate the sprouts, sprinkle with lemon zest, and serve hot.



BEYOND BMI: EXERCISE AS SELF-CARE



MORE THAN JUST A CHORE

Exercise is more than just a way to burn calories. Regular physical activity improves mood, boosts energy, and even adds years to your lifespan! According to the CDC, even just 150 minutes of moderate exercise a week (around just minutes a day!) will result in better physical and mental health outcomes, reducing depressive symptoms.

 **EXERCISE SAVES LIVES**



RELAXATION, NOT OBLIGATION

You don't have to train like an athlete to feel like one; intensity does not equal efficacy! Results come from consistency, so avoid quick fixes—seek activities that bring joy. It can be as simple as a game with friends, an after-study stretch, or a stroll in the park.

MOVEMENT = MOOD
 **IMPROVEMENT**



EXERCISE BECAUSE YOU LOVE YOUR BODY, NOT BECAUSE YOU HATE IT.

REST TO FEEL YOUR BEST

Rest IS progress; and mandatory for muscle protein synthesis.

- College-age students need at least 7–9 hours of sleep.
- Sleep deprivation increases cortisol and ghrelin; hormones that trigger stress and hunger!
- Poor sleep is correlated with dementia 😞

 **NO SLEEP IS KILLING YOUR GAINS!**



SUPERCHARGE YOUR STUDIES

Exercise is a worthwhile investment of time for successful students, improving productivity and focus... which are crucial for cramming! It can also help prevent sick days—according to the CDC, active individuals are at less risk for contracting infectious diseases like COVID!

 **SAVE YOUR GRADE: BOOST BODY/AND BRAIN!!**





KEEPING KOSHER: STUDENT FOOD BANK GUIDE



1. GENERAL RULES

- Avoid pork, shellsff, insects.
- No mixing milk.
- Only certified meat/poultry.

- No mixing milk & meat.
- No mixing milk & meat.

MANY MORE EXIST!
CHECK FOR ANY
KOSHER SYMBOL



LOOK FOR
SYMBOLS

OC

star K



PAREVE



: Widely used
orthodox symbol.

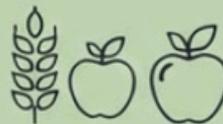


: Global orthodox
symbol.

KOF-: Another recognized
orthodox symbol.

STAR-D (Rav Heinemann)
For dairy products)

3. PANTRY STAPLES (ALWAYS KOSHER)



4. CHECK CAREFULLY!



- ALWAYS CHECK FOR A KOSHER SYMBOL



WHEN IN DOUBT, ASK!
FREE KOSHER FOODS AVAILABLE HERE!

FEB. 2026

CELEBRATE TOGETHERNESS THIS FESTIVE SEASON AS RAMADAN AND HOLI BRINGS JOY TO EVERYONE. ENJOY TRADITIONAL RAMADAN FAVORITES AND FESTIVE HOLI SWEETS, MADE TO MAKE EVERY CELEBRATION SPECIAL.

Ramadan IFTAR PARTY

These dishes are made to be nourishing and easy to digest after fasting.



Dates: Traditionally used to break the fast. Good source of fiber. Contains potassium & magnesium



Keema Samosa: Deep fried-pastries stuffed with spiced mince meat



Lentil Soup: A hearty, hydrating soup packed with energy, protein, and fiber



Rooh Afza: A sweet and floral-scented syrup, from natural herbs, fruits and rose petals. Add water for great hydration

Holi FESTIVAL OF COLORS

These delicious treats are made to celebrate the colorful spring festival.

Mathri: Spiced, crispy crackers



Dahi Vada: Lentil dumplings soaked with thick yogurt, topped with chutneys



FOR MORE SNACKS
AND RECIPES SCAN
THE QR CODE



The Shop Food Pantry
@ Rowan University

VOLUNTEERS NEEDED



SUMMER 2026



May 11 to September 8
Mon-Tue-Wed-Thu-Fri



124 State St, Glassboro, NJ 08028

For inquiries: theSHOP@rowan.edu

DINNER

One Pot Marry Me Butter Beans



SERVINGS
4



TIME
15 mins



DIFFICULTY
Easy



CALORIES
441 kcal

INGREDIENTS

2 Tbsp unsalted butter, 28 g
4 cloves garlic, minced
½ tsp each salt, oregano, crushed red pepper flakes, smoked paprika
¼ tsp ground black pepper
½ cup sun-dried tomatoes, roughly chopped
½ to 1 cup vegetable broth*, 120 to 236 mL
2 15-oz cans butter beans, aka lima beans, drained, 425 g cans
1 cup chopped fresh spinach
1 cup heavy cream, can sub half-and-half, 236 mL
½ cup grated parmesan, 50 g
Tbsp chopped fresh basil

DIRECTIONS

1. Heat 2 Tbsp unsalted butter, 4 cloves garlic, ½ tsp each salt, oregano, crushed red pepper flakes, smoked paprika, and ¼ tsp ground black pepper in a large saute pan or pot over medium heat. Cook for about 2 minutes, until garlic is fragrant.
2. Stir in ½ cup sun-dried tomatoes, ½ to 1 cup vegetable broth*, and 2 15-oz cans butter beans. Continue cooking on medium, uncovered, for 5 minutes.
3. Remove from heat. Stir in 1 cup chopped fresh spinach until wilted, then stir in 1 cup heavy cream, ½ cup grated parmesan, and 2 Tbsp chopped fresh basil. Serve warm with crusty bread, over rice, or with pasta.



RECIPE CONTEST:

Our first recipe contest winner is Alyssa Straile! Alyssa is a junior, Public Health and Wellness major, with a career goal of being a Certified Health Education Specialist. Alyssa is a vegetarian, loves meal prepping, and has been trying new ways to incorporate plant-based proteins into her diet. Her recipe, One Pot Marry Me Butter Beans won because it is balanced, protein-packed, and relatively easy to make. Congratulations Alyssa!

STAFF SPOTLIGHT:



Our staff spotlight of the month goes to one of our most esteemed employees, Yasmine Wood (pictured above), who has worked for us for over 4 years, overseeing multiple aspects of The Shop such as managing volunteers, training new volunteers/staff, pantry-stocking, and checking in and assisting our student shoppers. Yasmine is a senior majoring in Human Services and Sociology, and has a career goal of opening a homeless shelter.



IN THE NEXT ISSUE:

- New meal recovery program
- New-in featured produce

PLEASE SHARE OUR NEWSLETTER WITH ANYONE WHO MAY NEED IT!

ACKNOWLEDGEMENTS:

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Monique Peña

Madison Rappaport

Rei Ottman

Alyssa Straile

