

APRIL NEWSLETTER

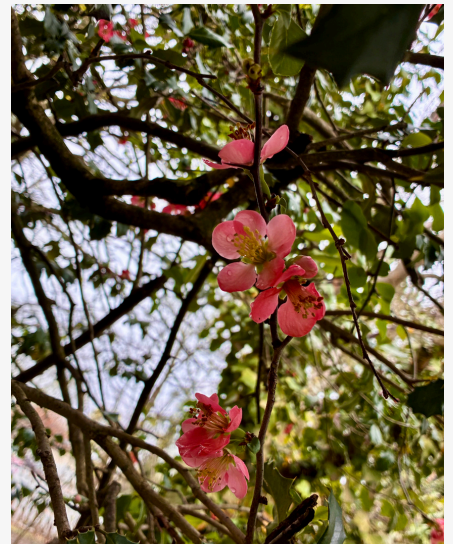


HOURS:

Mondays from 9am-11am

Tuesdays from 9am-11am

Wednesdays from 9am-11am



CELEBRATE EARTH MONTH WITH US!



NEW PROGRAM FEATURE:

The Shop has partnered up with Gourmet Dining @ Rowan to safely recover food from catering events across campus through a new program called **Share My Meals**, providing meals to those in need while cutting down on food waste. Leftover meals are repackaged into smaller sizes by The Shop's volunteers, and are given out at Rowan's Fresh for All event that occurs each Friday morning in Parking Lot D, or within The Shop Food Pantry. If you would like to become a volunteer for Share My Meals, which currently runs on Thursdays from 4:30 to 5:30 pm, email us at theshop@rowan.edu.



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!

Don't Break the Bank!

Food Shopping on a Budget

Eating nutritious meals should *not* be difficult to obtain. Here are some tips, tricks, & ideas to maximize your budget!



Tips to Save Money

- **Make a grocery list**
 - check what food you have in your kitchen before going shopping & make a list of what you need
- **Don't go to the store hungry!**
 - shop with a full stomach to prevent impulse buys
- **Compare unit prices**
 - compare the price per unit of food by dividing the total price by total unit
- **Frozen and canned are just as nutritious**
 - wash the salt off of canned veggies & get canned fruit in juice, not syrup; utilize canned protein (tuna, chicken, etc.)
- **Use coupons & buy during sales**
 - use grocery apps to save coupons and track weekly sales
- **In bulk and freeze**
 - portion out large batches of cooked meals/protein/fresh chopped produce and freeze
- **Repurpose your leftovers**
 - get creative in the kitchen or look online for inspiration

Don't Know What to Buy?

Try following the "Rule of 3" when you don't know how/what to buy. You can always adjust the ratios to your lifestyle.

General Guide:

- **3 vegetables**
 - ex. frozen peas & carrots, potatoes, frozen broccoli, kale, salad mix, peppers
- **3 fruits**
 - ex. apples, canned pears, frozen strawberries & mango, canned pineapple, clementines
- **3 grains**
 - ex. whole grain bread, rice noodles, pasta, rice, quinoa, barley, buckwheat, tortillas
- **3 proteins**
 - ex. lentils, pinto beans, lean beef, tofu, tempeh, shrimp, cod, tilapia, chicken, eggs
- **3 snack foods**
 - ex. trail mix, granola bars, dried fruit, oreos, cheese sticks, cheeze-its, ritz crackers, chips





THINK BEFORE YOU THROW!

33% of all food produced is wasted every year



If 25% of the food was saved, it could feed 870 million people



Why does Food Waste Matter?



- it ends up in landfills
- increases green house gases & contributes to climate change
- wastes resources such as land, water, & labor
- you waste your own \$\$\$!



EVERY CRUMB COUNTS!

4 ways to prevent food waste:



1.

Go through your pantry, fridge, & freezer before grocery shopping.



2.

Properly store your food to increase its shelf life. Your freezer is your best friend!



3.

Keep track of foods that need to be eaten soon. Repurpose food that's past its prime.



4.

Avoid impulse bulk purchases especially ones with a short shelf life.

FOOD SAFETY

Presented by:

REDUCE
WASTE



Contrary to popular belief, food can be consumed safely within certain days of the sell-by date. Factors depend on: moisture content, acidity, food composition, use of preservatives, sodium content, sugar content, and method of storage determine the “true” expiry date. For example, single-ingredient foods such as milk will spoil more quickly than food like dry cereal. Foods high in sugar, such as honey, can be eaten indefinitely, lasting even decades due to high sugar content (with safe and proper storage). Philabundance recommends that these food types are consumed within the following timeframe of the labeled date:

- As a fermented product, yogurt can last even longer, so long as the environment is kept sealed and sterile.

MILK, YOGURT, CREAM CHEESE,
AND PERISHABLE JUICE:

7 DAYS

- Fresh meat can be frozen indefinitely, so long as it was of peak freshness at the time of preservation. Freezer burn will affect texture and taste, not safety.

BUTTER, CHEESE, EGGS,
AND MARGARINE:

30 DAYS

- While canned food can be eaten a year after the date printed on the bottom, that is only on the condition that the storage remains airtight. Punctures or dents on the seal pose the risk of botulism. For a more detailed explanation, scan here:

PREPACKAGED FOOD
(CRACKERS, CEREAL, DRIED
BEANS):

180 DAYS



FROZEN MEAT AND
CANNED FOOD:

365 DAYS

Food within date is not always safe !
Regardless of date, ALWAYS:



Smell before you eat!
Check for mold, odors, or
off-textures.



Avoid compromised
cans or torn packages!



Double-check storage
instructions; keep at
appropriate temperatures.

- Best by
- Sell by
- Use by



What do date labels mean?
Metrics of product *quality and freshness*;
NOT SAFETY. Food past date of
recommended consumption may taste
stale, but are otherwise to eat. The sole
exception to this rule is baby formula!

For more information:



SHUTTLE MAP



Refer to Shuttle Schedule



OR

Track the shuttle in real time with mobile app or desktop!





The Shop | Pantry & Resource Center

We Are Hiring!

Van Driver

Requirements:

- Rowan undergraduate or graduate student
- Valid ID and Driver's License
- 21 years or older
- Must be able to lift 50+ lbs.
- Must be available early Thursday mornings

Benefits:

- Free food/items available in The Shop food pantry (open to all students)
- Flexible work hours
- Remote work options through The Nutrition Nook
- Career growth opportunities
- Supportive, collaborative team environment

Send Your Resume:
theshop@rowan.edu

Proposed Start Date:
29 June 2026

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



INTERN SPOTLIGHT:

Our intern spotlight goes to Chant'e Dingle, (pictured above). Chant'e has joined us this spring, and has already made a meaningful impact on The Shop through her determination, kindness, and passion for our work. Her contributions extend across multiple aspects of The Shop. She assists with daily operations such as checking in students and stocking supplies, while also supporting our Fresh for All program by distributing fresh

fruits and vegetables each Friday. In addition, she plays an active role in our nutrition initiatives, contributing to our monthly newsletter and ensuring that our Nutrition Nook tabling events are a success. Chant'e is a senior majoring in Public Health and Wellness, with aspirations of entering the nursing field. Reflecting on her experience, she shared: "It has been a true pleasure working with The SHOP and being part of such a dedicated and supportive team. I am grateful for the opportunity to contribute to a space that makes a meaningful impact within the campus community. I genuinely enjoy connecting with others and being someone others can depend on for support and guidance. This experience has helped me grow both personally and professionally while allowing me to give back to my peers." Thank you, Chant'e, for all that you do!



PLEASE SHARE OUR NEWSLETTER WITH ANYONE WHO MAY NEED IT!

RECENT EVENTS:

The Shop recently hosted a Nutrition Nook tabling event teaching about food safety and food waste, in honor of Earth Month. We provided prizes for winners of our food safety/food waste trivia game, and the event also included a demonstration from staff member, Rei, eating perfectly safe, "expired" food. Not all dates on food items are the same, and many items are completely fresh and safe well past their dates. For more information on "sell by", "use by", and "expiration" dates, visit [Philabundance.org](https://www.philabundance.org).



IN THE NEXT ISSUE:

- New-in featured produce
- Learn about our Career Closet!

STUDENTS ARE ALLOWED 1 VISIT TO THE SHOP PER WEEK.

ACKNOWLEDGEMENTS:

Andrew Perrone, Ed.D

Leah Crilly

Chant'e Dingle

Monique Peña

Rei Ottman

