



124 State Street, Glassboro



THESHOP@ROWAN.EDU

The Shop Pantry

Monthly Newsletter





Hello from the Shop Pantry,

Welcome to our monthly newsletter where we will be sharing new food items, important updates, and resources available to you. Thank you for being part of a community that cares and supports one another!





THE **shop**

**The Shop Pantry
& Resource Center**

HOURS
Monday, Tuesday, Wednesday
9 a.m. - 11 a.m.

CONTACT
856-256-6333
theshop@rowan.edu
go.rowan.edu/theshop



When coming in be sure to use the side door!



Our Hours of Operation are

Mondays from 9am-11am
Tuesdays from 9am-11am
Wednesdays from 9am-11am

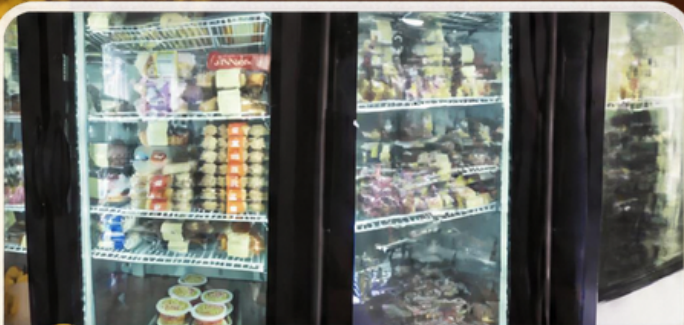


Grab a basket for what you need



Welcome to The Shop Pantry.
Choose what you need for
yourself and your household.

A variety of food and essentials available.



Refrigerated items



Fresh options



Pantry staples



Snacks & more



Take what you need. Leave what you can.
Together, we support our Rowan community.



More for students at The Shop

Everyday essentials, comfort foods, and fuel for your week.

Protein items

Fuel your day with protein drinks and snacks.



Soups

Soup cans and frozen soups for easy, comforting meals.



Ramen noodles



Sweet snacks



Fresh produce for your week

Milk, eggs, celery,
lemons, and much
more available at The
Shop Pantry!



MILK



EGGS



LEMONS



CELERY



THE
SHOP
PANTRY

NEW AT

THE SHOP PANTRY



Hygiene
essentials

Spencer's
donated
essentials!

Some students may not know that these everyday essentials are available to you. Now they are!



Take what you need. You belong here.

THANK
YOU

Thank you, Spencer's,
for supporting Rowan students!

FUEL YOUR MORNINGS WITH THESE FAST AND FRESH BREAKFASTS

PRESENTED BY: COLE ROWAND AND AUTUMN HEATON, DIETETIC INTERNS WITH GOURMET DINING

GOURMET DINING

Eating breakfast in the morning before classes is important for college students, as skipping breakfast has been shown to be significantly associated with lower academic performance, poorer memory, lower attention, and reaction times (Cheng & Yew, 2025). However, not all breakfasts offer the same benefits. Make sure your breakfast is healthy because a healthy diet is also associated with higher academic achievement (Whatnall, 2019). These easy breakfasts can help you fuel your mornings with nutrient-dense foods that will help your academic studies.

Choose protein, whole grains, and fruits or vegetables for a balanced breakfast and a variety of essential nutrients. For added fiber, choose foods like oatmeal, whole wheat tortillas, beans, fruits, and vegetables to support digestion and keep you full longer. Save time by prepping ahead and keeping affordable staples like oats, eggs, beans, and fruit on hand for quick, grab and go meals.

The SHOP is Rowan University's on-campus food pantry and resource center, provides food and other essentials to Rowan students in need. Among these items commonly available are pantry staples like oats, canned vegetables, eggs, and milk, which can be turned into quick, healthy breakfasts. Below are two nutritious recipes, one of which is a strawberry banana oatmeal bowl and the other is a breakfast burrito. These recipes show how The SHOP staples can be turned into easy, nutrient-dense meals to fuel your mornings.

STRAWBERRY BANANA OATMEAL

INGREDIENTS

RECIPE YIELDS FOUR SERVINGS

- 2 cups old-fashioned, rolled oats
- 4 cups milk or water
- 2 bananas, sliced
- 1 ½ cups strawberries, chopped

DIRECTIONS

1. In a small saucepan, combine oats and water/milk; cook over medium-high heat for 5 minutes, or until thickened
2. Divide into bowls; top with strawberries and banana slices
3. Serve warm and enjoy!

BREAKFAST BURRITO

INGREDIENTS

RECIPE YIELDS ONE SERVING

- ½ Tbsp oil
- 2 Tbsp of canned diced tomatoes
- 2 Tbsp diced onion
- ¼ Cup black beans
- 1 Tortilla
- 2 Large eggs
- Salt
- Black pepper

DIRECTIONS

1. Heat ½ Tbsp oil in pan, medium heat
2. Add tomatoes, onions, beans; cook 3-5 min
3. Add eggs, stir until fully cooked
4. Season with salt & pepper
5. Fill tortilla, fold
6. Warm folded tortilla in pan, both sides
7. Serve & enjoy

DISCOVER SOMETHING DELICIOUS AT THE SHOP. TRY A FEATURED RECIPE, PICK UP A HELPFUL TIP, AND LEARN WHAT NUTRITION RESOURCES ARE AVAILABLE TO YOU.

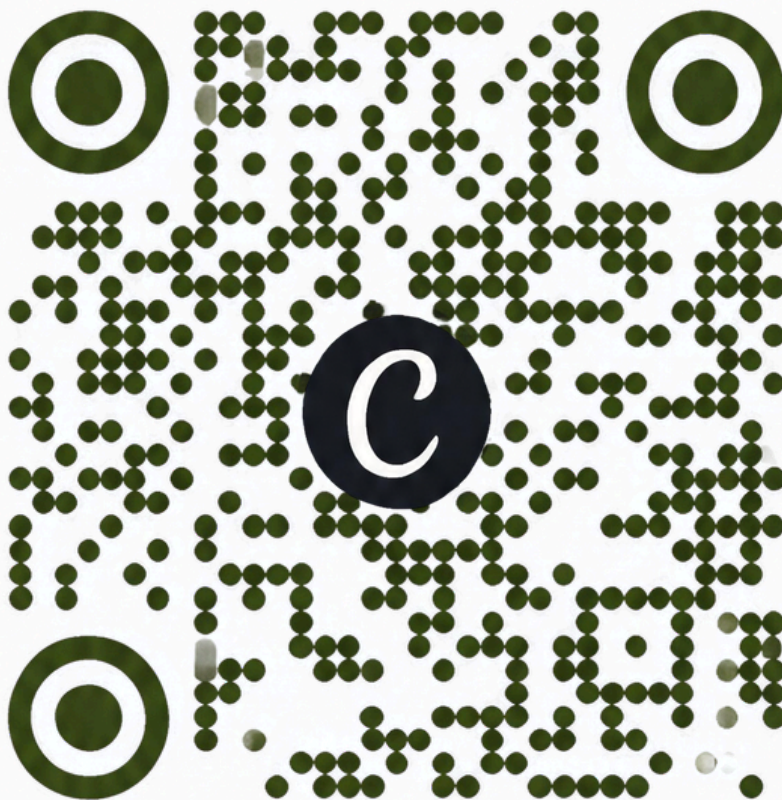
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Nutrition Care Club x Shop Cookbook



Scan below to get a **free e-**
book copy!



Created with the Nutrition Care Club

Thank you to the Nutrition Care Club members for sharing their recipe contributions and providing the nutrition information for this cookbook.

A big thank you to Monique for designing the cookbook and providing the e-book!



Thank you for learning about **The Shop Pantry**



What if I have more questions or need more resources? Please feel free to contact us directly with any questions or concerns at



theshop@rowan.edu

We're here to support
you.
Thank you for being part
of our community!