November Newsletter

The Shop Pantry



Pantry Staples

Bread, milk and eggs, plus plenty of cans, snacks and freezer goods.

Fresh Produce

Potatoes, peppers, squash, celery, basil and more seasonal produce.

Baking

Croissants, cupcakes, pies and other baked treats.

November Favourites

Squash, potatoes, fresh bread, pies and other November treats.

Seasonal favourites for every table.

Stock up on pantry staples and seasonal favourites.

Welcome to the Shop



The Shop Pantry, on 124 State Street



Open Mon to Wed
9am - 11 am



Side door entry

See you at the shop this November

AT THE SHOP NOW

November Table Essentials

Seasonal Staples for Your Table



Turkey Gravy



Cranberry Sauce



Stove Top Stuffing



Green Beans, Corn & Carrots

Stock Up on Your November Favourites.

ITEM OF THE MONTH

Diced Pears

Two easy recipes with canned diced pears



Pear & Cranberry Salad

INGREDIENTS

- 1 can diced pears, drained
- 1 cup fresh or frozen cranberries
- 1/2 cup orange juice
- 2 tbsp honey
- 1/4 tsp cinnamon
- 1/2 cup chopped walnuts

HOW TO MAKE IT

1. Drain the pears and toss with cranberries and cinnamon.
2. Whisk orange juice and honey, then pour over the fruit.
3. Chill 30 minutes, sprinkle with walnuts and serve.

Warm Pear Crisp

INGREDIENTS

- 1 can diced pears, drained
- 1/2 cup brown sugar
- 1/2 cup rolled oats
- 1/4 cup flour
- 1/4 cup butter, cold and cubed
- 1/2 tsp cinnamon

HOW TO MAKE IT

1. Preheat oven to 350°F and butter a 9-inch baking dish.
2. Spread the pears in the dish; sprinkle with sugar and cinnamon.
3. Mix oats, flour and butter, scatter over the top.
4. Bake 35–40 minutes until golden.

SMART SNACKS FOR STUDYING

GOURMET DINING

Jason Zahler | Dietetic Intern with Gourmet Dining





WHY SMART SNACKING MATTERS

Long study sessions can make it easy to grab whatever snack is closest. Choosing a balanced snack can provide energy between meals and help keep you satisfied while you study.

BUILD A BETTER STUDY SNACK

Pair carbohydrates with protein or healthy fat for a more satisfying snack. Try fruit with nuts, whole-grain crackers with peanut butter, or oatmeal with nuts or seeds. Choose fiber-rich foods when possible and keep water nearby while you study.





THE SHOP SPOTLIGHT

The SHOP offers a variety of foods that can work well as study snacks. Depending on availability, students may find items such as granola or protein bars, fruit cups, oatmeal, cereal, nuts, crackers, and beverages. Pair fruit or crackers with nuts, or use oatmeal as the base for a quick, filling study snack.

QUICK STUDY SNACK

Peanut Butter Oatmeal: Prepare oatmeal with water or milk, stir in peanut butter, and add fruit, nuts, seeds, or cinnamon if available. Oatmeal provides carbohydrates and fiber, while peanut butter adds protein and fat.



Fuel Your Next Study Session!
Try the peanut butter oatmeal, visit The SHOP for snack options, and explore nutrition resources available on campus.

Sources: Rowan University, The SHOP; Academy of Nutrition and Dietetics, Smart Snacking Tips for Adults and Teens.

Nutrition Care Club & Shop Cookbook





Scan below toget a free e-book copy!

THANK YOU FOR SHOPPING WITH US

Warm Wishes for the Season



Good food starts with a well-stocked pantry.

Visit us for your November essentials.

theshop@rowan.edu