



THE PANTRY POST

October 2025



WELCOME BACK

Milligan's Food Pantry has reopened in our new location! Make sure you follow us on Instagram @bsc_milligansfoodpantry for updates and additional information.

CHECK-IN PROCEDURE

Please make sure to check-in with Pantry staff and complete the survey prior to shopping. Respect item limits so everyone gets what they need. Be kind, patient, and considerate—this is a community space.



FALL HOURS

Mondays 12-5 pm
Tuesdays/Thursdays
8:30 am- 5 pm
Fridays 8:30 am -2 pm



REMINDERS

BRING YOUR
REUSABLE BAG!

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HYGIENE HARVEST SEPTEMBER 8 - 26

This month, we're collecting donations to support student needs. Donations can be dropped off at the Pantry during open hours. Thank you for helping us create a supportive campus community!



DONATIONS CAN INCLUDE:

- soap
- toothpaste
- feminine products
- laundry detergent
- inclusive hair and hygiene products
- cleaning supplies



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ARE YOU ELIGIBLE FOR SNAP?

Increasing student basic need with campus based strategies such as food pantries is important, however college students eligible for Supplemental Nutritional Assistance Program (SNAP) remain under enrolled. An estimated 150,000 New York undergraduate students are SNAP eligible. For New York students that get enrolled in the program, SNAP can provide an average of \$211.42 per month toward groceries for an individual student, and more for student parents or caregivers providing for a household.

If you are eligible for SNAP, you can get monthly benefits to spend at local grocery stores and farmers' markets. To be eligible, you must meet certain income requirements. The amount of benefits you receive depends on things like your household size, income and expenses.

For more information and to check your eligibility, visit our website: deanofstudents.buffalostate.edu/snap-benefits-application-assistance



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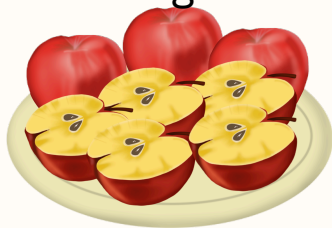
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FALL RECIPE CORNER: APPLES

Apple Oatmeal Bake:

Combine chopped apples, oats, cinnamon, and milk bake until golden.

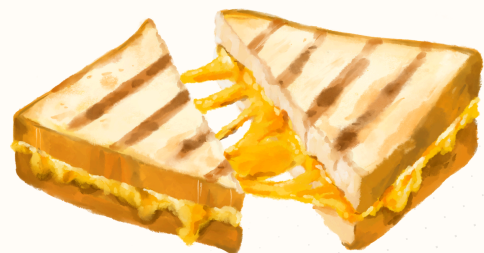


Microwave Cinnamon Apples:

Slice apples, sprinkle with cinnamon and a little sugar, and microwave for 2-3 minutes.

Savory Apple Grilled Cheese:

Add thin apple slices to your grilled cheese for a crisp fall twist



Apple Yogurt Parfait – Layer vanilla yogurt, apple slices, granola, and cinnamon.

Microwave Apple Crisp – Mix chopped apples with cinnamon and sugar, top with oats + butter, microwave 2-3 minutes.



**EATING HEALTHY
ON A BUDGET :**

For information on eating healthy visit choosemyplate.gov
You can also find easy recipes on social media from a variety of creators

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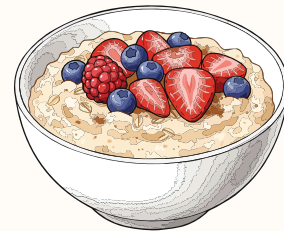
Apple Cinnamon Overnight Oats – Mix rolled oats, milk, diced apples, cinnamon, and honey in a jar. Refrigerate overnight.



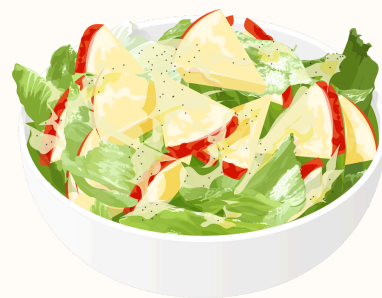
Apple Walnut Salad – Toss spinach, apple slices, walnuts, cranberries, and feta with balsamic vinaigrette.



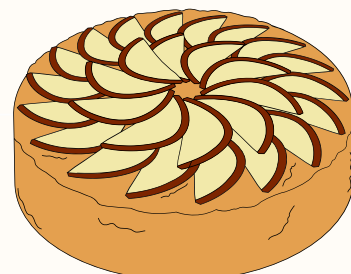
Apple Mug Cake – Combine flour, cinnamon, baking powder, diced apple, sugar, milk, and oil in a mug. Microwave 1–2 minutes.



Baked Apple Chips – Slice apples thin, sprinkle with cinnamon, bake at 225°F for 2 hours.



Apple Nachos – Slice apples, drizzle with peanut butter or Nutella, top with granola or chocolate chips



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