

CougarMart Donation Wish List

CougarMart is a free, grocery-style resource for Frederick Community College students. The items below are the ones we most need donated. Every category is listed in full; nothing on this list is required, and any amount helps.

Meat and Protein

- Deli Meat
- Eggs
- Chicken
- Ground Beef
- Ground Turkey
- Pork
- Sausage
- Fish and Seafood
- Canned Fish
- Canned Chicken
- Tofu
- Vegan Alternatives

Dry Goods

- Cereal
- Pancake Mix
- Dry Beans
- Oatmeal
- Pasta
- Gluten Free Pasta
- Macaroni and Cheese
- Rice

Pantry Items

- Stock or Broth
- Pasta Sauce
- Cooking Oil
- Flour
- Corn Flour

Dairy

- Milk
- Dairy Free Milk Alternatives
- Cheese
- Butter
- Yogurt
- Cream Cheese

Produce

- Apples
- Bananas
- Potatoes
- Sweet Potatoes
- Frozen Berries
- Frozen Vegetables

Bread and Bakery Items

- Bread
- Bagels
- Tortillas
- Gluten Free Bread

Quick Meals

- Hamburger Helper
- Pasta Sides and Rice Sides
- Frozen Meals
- Ready-Made Meals
- Nutrition and Protein Shakes

Condiments and Spices

- Peanut Butter
- Jelly
- Syrup
- Spices and Seasonings

Baby and Family Care Items

- Baby Food
- Baby Formula
- Baby Laundry Detergent

- Diapers
- Pull-Ups
- Wipes

Personal Care Items

- Dental Care Items
- Soap
- Shampoo and Conditioner
- Deodorant
- Menstrual Care Items
- Laundry Detergent
- Cleaning Products
- Dish Soap

Where to Donate

Donations can be dropped off in person at CougarMart, located in the Student Center, Room H-106C, on the FCC main campus at 7932 Opossumtown Pike, Frederick, MD 21702.

CougarMart hours change each semester. For current hours, online wish lists, and information about monetary giving through the FCC Foundation, visit the Live Well page at frederick.edu/student-life/live-well.html or email livewell@frederick.edu.