

SWAP

SUPPORTING • WELLNESS • AT • PANTRIES



GREEN

Choose often;
low in saturated fat,
sodium and sugar,
supports health

YELLOW

Choose sometimes;
medium levels of fat,
sodium or sugar;
can contribute to
good health

RED

Choose rarely;
high levels of fat,
sodium or sugar;
think of as treats;
limited health benefits

Supporting Wellness at Pantries (SWAP) is a stoplight nutrition system designed by Foodshare and Feeding America to promote healthy food choices at food banks & pantries. SWAP ranks food based on levels of saturated fat, sodium and sugar.

SWAP shelf tags help you easily identify healthy foods when shopping in our pantry. While SWAP identifies the healthiest options in each food category, please choose the foods that work best for you and your family.



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Capital Cares Pantry

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Mission Statement

Capital Cares Pantry is a place for students of Capital Community College to have a convenient, easily accessed place to get assistance in a private, safe, and friendly environment. Capital Cares Pantry's goal is feeding student success by providing necessities such as food, clothing, and personal care products.



Our Services

- We are a client choice pantry in partnership with Foodshare and TEFAP (The Emergency Food Assistance Program) to provide a variety of food items.
 - Men's and women's professional clothing
 - Personal care & hygiene products
 - Baby food & baby products
- *Items are subject to change per availability*

Current students who are looking to utilize this resource will be asked to register with basic information proving they are enrolled. All information is kept confidential.

The pantry program is designed to promote a sense of independence, self-worth and accomplishment as well as a sense of fellowship and belonging as members work together to better themselves and fellow students.

1 in 9 people



struggles with hunger.

1 in 7
children

struggles with hunger.

Accessing the Pantry

- Make an appointment to visit the pantry by email or phone.
- Bring your student ID or schedule as you will need it to use the pantry.
- Students can choose a total of 10 items each visit to the pantry, a maximum of 2 items can be from the refrigerated room.
- Check our webpage for current hours of operation:
www.capitalcc.edu/student-services/food-pantry/

Donations are always needed

- Peanut butter & jelly
- Rice
- Pasta
- Whole grain cereals
- Canned tuna
- Canned & Dried Beans
- Coffee
- Canned vegetables
- Canned fruit
- Spaghetti Sauce
- Oatmeal
- Canned chicken
- Instant potatoes
- Condiments

Alternate Resources

- Call 2-1-1 or visit www.211ct.org
- Apply to SNAP: Call 866-974-7627 or visit www.ctsnap.org
- www.foodshare.org/help
- www.ctfoodbank.org/get-help/
- www.chrysaliscenterct.org/

Service Learning & Volunteering

Service Learning requirements can be met by working in the Capital Cares Pantry for both individual and group service learning requirements. We also welcome volunteers to assist us! Please contact us for further inquiries.

Make your
appointment today!

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