



MSJ Be Concerned Food Pantry Visit

Monthly Visits | 4–5:30 p.m. | MSJ Parking Garage



Be Concerned Inc. (1100 W Pike St, Covington, KY 41011) is happy to support Mount students with basic necessity food assistance at no cost. Be Concerned Inc. is one of the largest food pantries in Northern Kentucky and a proud Mount community partner. Food deliveries will occur monthly during the academic year, as a drive thru on the ground floor of the MSJ Parking Garage. In order to participate in this food delivery visit, **students must submit their forms to student.affairs@msj.edu no later than noon the Monday directly before the delivery date.** *Don't forget to bring your bags!*

Be Concerned Inc. Mission Statement:

Be Concerned is deeply committed to honoring the dignity and humanity of all persons. Its purpose is to assist low-income people of Northern Kentucky in obtaining basic necessities for life.

Mount St. Joseph University Mission Statement:

Mount St. Joseph University is a Catholic academic community grounded in the spiritual values and vision of its founders, the Sisters of Charity. The University educates its students through interdisciplinary liberal arts and professional curricula emphasizing values, integrity and social responsibility. Members of the Mount community embrace: excellence in academic endeavors; the integration of life and learning; respect and concern for all persons; diversity of cultures and beliefs; service to others.

Student Name:

Cell Number:

Personal Email:

Are you a resident or a commuter? Commuter Resident

Are you a student athlete? No Yes

Do you have a University meal plan? (Having a meal plan will not disqualify you.) No Yes

What is your class level? Freshman Sophomore Junior Senior Graduate

What is your gender? Male Female Other

Do you have children under the age of 18? Yes No

What is your ethnic background? White/Caucasian African American Hispanic
Asian/Asian American Native American Multiracial Other

MARK YOUR CALENDAR! BE CONCERNED FOOD PANTRY MSJ VISIT DATES:



Wednesday, September 8, 2021
Wednesday, October 13, 2021
Wednesday, November 10, 2021
Wednesday, December 1, 2021

Wednesday, January 12, 2022
Wednesday, February 9, 2022
Wednesday, March 2, 2022
Wednesday, April 13, 2022
Wednesday, May 4, 2022



PICK AND PACK MENU FOR OFFSITE DELIVERY

| | |
|-----------------------------|-------|
| Student Name: | |
| How many in your household: | Date: |

Please select the items in the table below that you would like in your food box. Deliveries are set for the 1st Wednesday of the month, but **you must submit your order to student.affairs@msj.edu no later than noon the Monday directly before the delivery date.**

| | | | |
|---|--|--|---|
| Canned Fruit - <i>Select 1</i> Peaches Pears Apple Sauce Mixed Fruit | Peanut Butter | Soups - <i>Select 2</i> Chicken Noodle Vegetable Tomato Cream of Mushroom | Apples Oranges Tomatoes Zucchini Squash |
| Canned Corn | Canned Veggies - <i>Select 1</i> Peas Carrots Mixed Vegetables | Cereal OR Oatmeal | Milk (circle gallon or 1/2) OR Chocolate Milk (circle gallon or 1/2) |
| Green Beans | Canned Protein - <i>Select 1</i> Ravioli Beef Stew Chili w/ Beans | Mac & Cheese <i>PLUS</i> Pasta - <i>Select 1</i> Rice Spaghetti Elbows Egg Noodles | Eggs |
| White Bread or Wheat Bread | Canned Beans - <i>Select 1</i> Baked Beans Pork and Beans Black Beans Red Beans | Ramen Noodle Pack | Meats - <i>Select 3</i> Beef Chicken Turkey Pork |
| Bakery Cake Doughnuts Cookies Muffins | Pasta Sauce or Diced Tomatoes Sauce | 2 Toilet Papers OR 1 Paper Towel Roll | EXTRA: Potatoes Onions Chips / Crackers |

Please list here anything else, even non-food items, you are in need of that are not listed on the above menu: