



MSJ Be Concerned Food Pantry Visit Monthly Visits | 4–5:00 p.m. | MSJ Seton Hall

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 6, 2023

Wednesday, October 4, 2023

Wednesday, November 1, 2023

Wednesday, April 3, 2024

Wednesday, December 6, 2023

Wednesday, February 7, 2024

Wednesday, May 1, 2024

Wednesday, March 6, 2024



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:

**SPONSORED THROUGH STUDENT AFFAIRS AND MISSION INTEGRATION
AT MOUNT ST. JOSEPH UNIVERSITY**