

Colonel's Cupboard presents:

THE COLONEL'S BULLETIN



PRODUCE POP-UP

APRIL 30TH,
11AM-1PM

FIRST FLOOR
OF THE SUB

RECIPE OF THE MONTH: PB PANCAKE CUPS

INGREDIENTS:

- 1 CUP PANCAKE/WAFFLE MIX
- 2-3 TABLESPOONS PEANUT BUTTER
- 2/3 CUP WATER OR MILK (WHATEVER THE MIX CALLS FOR — CHECK THE PACKAGE)

MIX 2-3 TABLESPOONS OF PANCAKE MIX & 1 TABLESPOON PEANUT BUTTER & 2 TABLESPOONS MILK IN A MICROWAVEABLE SAFE CUP OR MUG.

MICROWAVE FOR 1 TO 1.5 MINUTES. COVER IT WITH A PAPER TOWEL TO PREVENT SPLATTERING

IT'S DONE WHEN IT'S FIRM ON TOP AND PULLING AWAY FROM THE SIDES SLIGHTLY



SNAP A PIC OF YOUR MEAL AND TAG US ON INSTAGRAM @SERVEATWILKES TO BE FEATURED!

APRIL RESTOCK DATES:

APRIL 11TH

APRIL 30TH



PANTRY HOURS

M-F: 9AM-7PM

SAT: 12PM-3PM

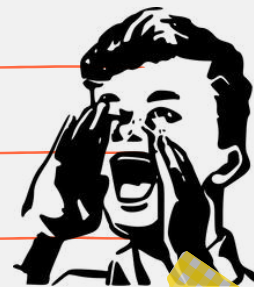
FOOD FOR THOUGHT:

A PANEL FOCUSING ON COLLEGE FOOD INSECURITY WILL BE HELD ON APRIL 22ND AT 11:30 AM IN BREISETH 107. PLEASE COME OUT AND SUPPORT!!!

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(CONT.)



GET INVOLVED!!!!

DONATIONS NEEDED:

DO YOU WANT TO HELP YOUR FELLOW COLONELS BUT DON'T KNOW HOW TO HELP? WELL YOU CAN DONATE DIRECTLY TO THE PANTRY.

WE'RE ALWAYS IN NEED OF ITEMS THAT GO DIRECTLY TO SUPPORTING THE WILKES COMMUNITY, WITH A HEAVY EMPHASIS ON PERSONAL CARE ITEMS.

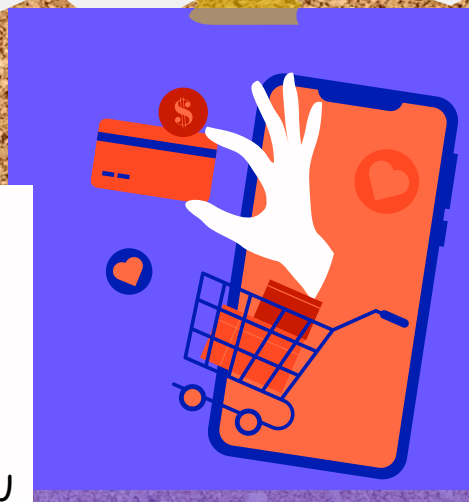
YOU CAN BRING ANY DONATIONS DIRECTLY TO THE PANTRY OR YOU CAN CHECKOUT OUR AMAZON WISH LIST: [HTTPS://A.CO/1TQ8FTI](https://a.co/1tQ8FTI)

STAY CONNECTED!!!!

LOCATION: RIGHT
BEHIND THE SUB IN
THE CAREER
DEVELOPMENT &
INTERNSHIPS
BUILDING



CONTACT US:
RODNEY.GIBSON@WILKES.EDU



FOLLOW US ON
INSTAGRAM
@SERVEATWILKES FOR
UPDATES!

