

Maryland Food Bank

PROVIDING FOOD FOR HUNGRY MARYLANDERS

MOST NEEDED ITEMS

(no glass, please)

MEAT & PROTEIN

- Canned meat, ham and chicken
- Peanut Butter
- Macaroni and cheese
- Canned stews
- Canned tuna, salmon and sardines
- Nuts and seeds
- Dried canned beans

BREADS & CEREALS

- Oatmeal
- Breakfast cereal
- Rice and rice cakes
- Pasta

DAIRY FOODS

- Evaporated milk
- Powdered milk
- Infant formula
- Puddings and custards

NON-FOOD ITEMS

- Diapers
- Toilet Paper
- Plastic/Paper plates and cups
- Sanitary napkins and tampons

FRUITS & VEGETABLES

- Canned fruits and juices
- Canned vegetables
- Canned soup
- Sauces/Salad Dressing