



**MARYLAND
FOOD BANK**
UNTIL HUNGER ENDS.

Most Needed Items



Canned Proteins

tuna, salmon, chicken,
peanut butter, beans



Pasta & Rice

brown & white rice,
macaroni & cheese, pasta



Canned Vegetables

low sodium, no salt added



Fruits and Juices

in light syrup or its own juices,
fruit cocktail, apple sauce, juice boxes



Breakfast

cereal, oatmeal, quick oats,
granola/cereal bars



Soups & Stews

low sodium, beef stew, chili,
chicken noodle, vegetable, turkey & rice



Dairy

shelf-stable milk,
evaporated milk,
infant formula

For more information, contact:

Baltimore Office
2200 Halethorpe Farms Road
Baltimore, MD 21227
410.737.8282

Eastern Shore
28500 Owens Branch Road
Salisbury, MD 21801
410.742.0050

Western Branch
220 McRand Court
Hagerstown, MD 21740
301.733.4002

www.mdfoodbank.org

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