



**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

www.mdfoodbank.org

Eastern Shore
28500 Owens Branch Road
Salisbury, MD 21801
410.742.0050

Western Branch
220 McRand Court
Hagerstown, MD 21740
301.733.4002

MEMBER OF
**FEEDING
AMERICA**