



**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 • Salisbury • Hagerstown

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www.mdfoodbank.org

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