Most Needed Food Bank Donation Items:

- Grains
- Canned Protein
- Canned & Dried Fruit
- Hot & Cold Cereal
- Soup
- Pasta & Sauce
- Tuna
- 100% Fruit Juice
- Baby Food, Diapers size 4+, Wipes
- Peanut Butter
- Canned beans (pinto, kidney, black)
- Canned vegetables (low sodium)
- Feminine Hygiene & Adult Incontinence Supplies

did you know?

1 in 4...

struggle to make ends meet.
Hunger is year round, help us put food on the table.

Drop Off Location:

Howard County Food Bank:
9385 Gerwig Lane, Unit J Columbia, MD 21046
Monday-Friday 9 a.m.—4 p.m.

To volunteer or sign up for our e-newsletter: cmellberg@cac-hc.org
For information regarding fundraising opportunities: agroves@cac-hc.org

CAC’s Mission: To diminish poverty, enable self-sufficiency and advocate for low-income families and individuals.

Early Childhood Education * Energy Assistance * Food Assistance * Housing Assistance

www.cac-hc.org

THANK YOU!