



# Community Action Council of Howard County

HELPING PEOPLE. CHANGING LIVES.

## Most Needed Food Bank Donation Items:

*did you know?*

**1 in 4...**

struggle to make ends meet.

Hunger is year round, help us put food  
on the table.



- 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

## Drop Off Location:

### Howard County Food Bank:

9385 Gerwig Lane, Unit J Columbia, MD 21046

Monday-Friday 9 a.m.—4 p.m.

**THANK YOU!**

To volunteer or sign up for our e-newsletter: [cmellberg@cac-hc.org](mailto:cmellberg@cac-hc.org)  
For information regarding fundraising opportunities: [agroves@cac-hc.org](mailto: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](http://www.cac-hc.org)