



MARYLAND  
FOOD BANK  
UNTIL HUNGER ENDS.

## **MOST NEEDED ITEMS**

(no glass, please)

### MEAT & PROTEIN

Canned meat, ham and chicken  
Peanut Butter  
Macaroni and Cheese  
Canned stews  
Canned tuna, salmon and sardines  
Nuts and seeds  
Dried canned beans

### BREADS & CEREALS

Oatmeal  
Breakfast cereal  
Rice and rice cakes  
Pasta 🌾

### FRUITS & VEGETABLES

Canned fruits and juices  
Canned vegetables  
Canned soup  
Sauces/Salad Dressing

### DAIRY FOODS

Evaporated milk  
Powdered milk  
Infant formula  
Puddings and custards

### NON-FOOD ITEMS

Diapers  
Toilet Paper  
Plastic/Paper plates and cups  
Sanitary napkins and tampons