



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

Eastern Shore
28500 Owens Branch Road
Salisbury, MD 21801
410.742.0050

Western Branch
220 McRand Court
Hagerstown, MD 21740
301.733.4002

www.mdfoodbank.org



SkillsUSA®

Maryland Food Bank Canned Food Drive

October 25— November 19, 2021

Canned Goods Donations can be placed in the appropriate containers located in the Parkside High School Main Office, CTE Office Entrance, and in front of the SkillsUSA Office.

**Consider doing your part to beat hunger in
OUR Community.**