STOCK THE PANTRY MEAL BAGS

BALTIMORE HUNGER PROJECT
FEEDING BODIES AND MINDS

Let's help local families in need keep their pantries stocked, and their tummies full with everyday food staples!

Please fill a REUSABLE GROCERY BAG with ALL of the following items:

- ☐ 5 oz. Canned Tuna or Chicken (4 or 8-pack)
- ☐ 1 Package Individually Wrapped Snacks (chips/cookies/pretzels)
- ☐ 4–6 Cans of Soup (any variety or size)
- ☐ 1 Large Box Cold Cereal (any variety)
- ☐ 1 Box Protein Bars
- ☐ 2 Boxes Granola Bars (chewy or crunchy)
- ☐ 1 Brand-new Manual Can Opener

Optional bonus items to enhance your bag:

- ☐ 1 Jar Peanut Butter (plastic jar)
- ☐ 1 Jar Grape or Strawberry Jelly (plastic jar)
- ☐ 1 Box Individual Packets of Instant Oatmeal
- ☐ 1 Box Applesauce Pouches (no cups, please)
- ☐ 1 Box Pasta (any shape)
- ☐ 1 Jar Tomato Sauce (plastic jar)
- ☐ Juice Boxes (4 or 8-pack)

Community service hours:
Shopping and prep:
30 min. (max)
5 bags = 30 min. of service

Collection Dates:
Year-round

Drop-Off:
Monday–Thursday 10:00–4pm

Baltimore Hunger Project
9596 Deereco Road
Timonium, MD 21093

Questions:
Office@baltimorehungerproject.org