

Gaithersburg HELP
431 N. Frederick Ave. Suite 105
Gaithersburg, MD 20877
301-216-2510
www.gaithersburghelp.org

DONOR GUIDELINES FOR FOOD DRIVES

Gaithersburg HELP maintains a Food Pantry from which food is dispensed to clients who have transportation and delivers food to homebound clients. In 2009, HELP distributed over 3,900 food packages containing a minimum of a three-day supply of food. Monetary assistance was given to provide over 930 medical prescriptions, and 549 rides were provided. The newest program, Infant Needs, provided 1,260 diaper/formula packages.

Unfortunately, the tremendous increase in food clients has not been matched by an increase in food donations. We have had to purchase more food than ever before. Thank you for holding a Food Drive for Gaithersburg HELP! To help with our planning, please contact us (301-216-2510, box #4) as soon as you have decided on the dates for your Food Drive.

We encourage all food donors to give, healthy, nutritious foods, high in fiber and low in sugar and salt content. The following are some of the items we need most:

<i>Peanut Butter</i>	<i>Low Sodium Canned Vegetables</i>
<i>Canned Tuna or Chicken</i>	<i>Canned Fruit In Its Own Juice</i>
<i>Whole Grain Cereals</i>	<i>Instant Potatoes</i>
<i>Boxed Rice Mixes</i>	<i>Pastas (white and wheat)</i>
<i>Canned Spaghetti Sauce with Meat</i>	<i>Canned Soups</i>
<i>(26.5oz)</i>	
<i>Jam or Jelly</i>	
<i>Diapers</i>	<i>Large Paper Bags</i>

Of course, we welcome ANY non-perishable, un-expired food items. **Please no Institutional Sizes and no excessive amounts of Ramen Noodles.**

In addition, it takes a tremendous number of volunteer hours to maintain our services. Interested volunteers can also reach us at our main phone number above.

We appreciate your interest in our organization and would be happy to answer any other questions you may have regarding our services.