

# DONATIONS NEEDED



*Did you know?*

1 in 4 struggle to make ends meet.

## Lend a Helping Hand

### Most Needed Items

- ✓ Bags of Rice
- ✓ Pasta & Sauce
- ✓ Spices
- ✓ Soups
- ✓ Tuna
- ✓ Peanut Butter
- ✓ Sauces & Condiments
- ✓ Bags of Dry Beans
- ✓ Hot & Cold Cereal
- ✓ 100% Fruit Juice
- ✓ Diapers (size 4+)
- ✓ Feminine Hygiene

### Drop Off Location



#### Howard County Food Bank

9385 Gerwig Lane, Unit J  
Columbia, MD 21046  
Monday - Friday 9:00 AM - 4:00 PM  
[www.cac-hc.org](http://www.cac-hc.org)

#### CAC's Mission:

*To diminish poverty and enable self-sufficiency for all Howard County individuals, families, and children in need.*

#### For information regarding fundraising opportunities:

Email Valerie Weitz at [vweitz@cac-hc.org](mailto:vweitz@cac-hc.org)

#### Interested in becoming a volunteer?

Email [cacvolunteer@cac-hc.org](mailto:cacvolunteer@cac-hc.org)