



Food Donations Needed for the Bethesda Help Food Closet

IMPORTANT: Bethesda Help is unable to use food items that come in glass containers or in oversized bottles, cans, and packages.

Foods that we currently need include:

Beans

Breakfast cereals

Canned meat and fish -- All types, but especially canned corned beef, ham, chicken, SPAM, meat hashes, chili with meat, stews, salmon, and tuna

Canned fruits

Fruit juice concentrate -- Concentrated juice in soda-sized cans only (available at Giant)

Jelly, jam, or honey

Peanut butter

Pasta

Pasta sauce

Powdered milk -- Boxes containing individual 1-quart envelopes (available at Giant)

Rice

Soups

Vegetables -- All types, but especially tomatoes in 1 pound cans

**ALL DONATIONS TO THE BETHESDA HELP FOOD CLOSET
ARE GREATLY APPRECIATED. THANK YOU!**

Please call or e-mail Bethesda Help to arrange for delivery of donated items to our food closet.

Bethesda Help, P.O. Box 34094, Bethesda, MD 20827
301-365-2022, info@bethesdahelp.org
www.bethesdahelp.org



Contributions can be made via United Way #8174 and Combined Federal Campaign #92420