



Help Our Neighbors in Need: Host a Food Drive

Bethesda Help, an all-volunteer, nonprofit 501(c)3 organization, offers immediate short-term assistance to residents of southern Montgomery County, Maryland, who are in financial crisis. Bethesda Help provides emergency food deliveries to households in crisis (grocery bags containing a three day supply of food for each member of the household). Each year we deliver over 750 food bags to needy individuals.

We are currently in need of food donations for our food closet. You can help us by hosting a food drive. Foods that we need include:

- Beans**
- Breakfast cereals**
- Canned meat and fish**
- Canned fruits**
- Fruit juice concentrate** – soda-sized cans only
- Jelly, jam, or honey**
- Peanut butter**
- Pasta**
- Pasta sauce**
- Powdered milk** – individual 1-quart envelopes
- Rice**
- Soups**
- Canned Vegetables**

IMPORTANT: Please no glass containers or oversized bottles, cans, and packages.

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

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