

Gaithersburg HELP (United Way/CFC # 8432)
431 N. Frederick Ave.
Suite 105
Gaithersburg, MD 20877
301-216-2510
<http://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 **2007** HELP distributed over **2,657** food packages containing a minimum of a three-day supply of food. Monetary assistance was given to provide over **800** medical prescriptions, and **451** rides were provided. The newest program, Infant Needs, provided **669** diaper/formula packages. Unfortunately, the steady 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! If you haven't already discussed the dates of your Food Drive with us, please contact us (301-216-2510, box #4) with those dates, as soon as you have made a decision on them, to help with our planning.

Following are some of the items that we need the most:

Cereal	Soups
Canned fruits	Canned vegetables
Beef Stew	Spaghetti sauce with meat

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

Also, please feel free to pass along our phone number to those in need. If you are in need or know someone who is please call us, Gaithersburg HELP, at the phone number above. No referral is required.

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 I would be happy to answer any other questions you may have regarding our services.

Revised 1/24/08