

Gaithersburg HELP

Food Package

The food package Gaithersburg HELP gives out contains at least a 3-day supply of food. The package generally includes:

Cereal	Canned vegetables
Tuna	Canned beef stew
Macaroni and cheese	Toilet paper
Rice	Bread
Pasta	Eggs
Spaghetti sauce	Margarine
Canned fruit	Cheese
Canned chicken	Bar soap
Canned beans	Frozen orange juice
Peanut butter	Frozen apple juice
Jelly	

Dietary or special requests are honored when possible.
Clients with infants also receive rice cereal and baby food.
Clients residing in motels receive can openers and disposable utensils and plates, if needed.

Often, we have personal care products available at the pantry.
Revised 1/30/09