

# Harvest for the Hungry

OCTOBER 1-31, 2023

**DONATE ONLINE**

at [aacps.org/harvest](https://aacps.org/harvest).

**BRING IN FOOD**

to your local school.



ANNE ARUNDEL COUNTY  
FOOD BANK

All proceeds benefit  
the Anne Arundel  
County Food Bank.



SCAN ME



## DID YOU KNOW?



Food insecurity impacts a child's ability to learn.



Every dollar collected is equivalent to 1 pound of food.



1 in 8 families in Anne Arundel County struggle with food insecurity.



Monetary donations purchase exactly what is needed for our community.

## FOOD LIST

Please bring the following  
nonperishable items.

### CANNED FOOD

Fruits & Juices  
Meat, Ham & Chicken  
Stews & Soups

Tuna, Salmon & Sardines  
Vegetables

### DRIED FOOD

No glass please.

Beans  
Evaporated Milk  
Infant Formula  
Macaroni & Cheese  
Multigrain Crackers  
Nuts & Seeds  
Oatmeal

Peanut Butter  
Powdered Milk  
Puddings & Custards  
Rice Cakes  
Sauces & Salad Dressing  
Whole Grain Cereals  
Whole Grain Pastas

## HIGH-PRIORITY ITEMS

- ✓ Baby Food & Formula
- ✓ Beans & Legumes (Dried)  
(1-pound Bags)  
(Pinto, Black, Lentils)
- ✓ Healthy Snacks  
(Breakfast Bars, Dried Fruit, Etc.)
- ✓ Nutritional Shakes (Ensure, Boost)
- ✓ Peanut Butter and Jelly (Plastic Jars)
- ✓ Rice (1-pound Bags or Boxes)

