

SAFE

food pantry



JOIN OUR PEOPLE POWERED FOOD DRIVE

MAY 1 - 31, 2024

Help our community! S.A.F.E. Food Pantry provides gluten free and allergy-friendly food to individuals in need living with food allergies, celiac disease, and food sensitivities.

S.A.F.E. - Supplying Allergy Friendly and Emergency - Food Pantry is the only volunteer-run 501(c)(3) organization in Maryland that provides gluten free and allergy-friendly food to those in need. Join us this May by leading your own food drive, hosting a virtual food drive, or supporting us with a monetary or food donation.

SAFE is collecting non-perishable, gluten free and allergy-friendly food to stock our designated gluten free and allergy-friendly shelves at the Howard County Food Bank and Emergency Food Pantry and to distribute in partnership with Columbia Community Care and directly to our clients. Please make sure that all items containing grain say “gluten free” on the packaging. Thank you for your support!

No refrigerated or frozen items please.

Our clients will appreciate the following items:

- Oils - Olive, Grapeseed, Coconut, Avocado (no glass bottles)
- Gluten Free and Dairy Free Milk – Coconut, Rice, Soy, Almond (shelf stable)
- Gluten Free Canned Proteins – Chicken, Spam, Beans
- Gluten Free Pasta, Plain Rice or Plain Quinoa (e.g., Success Quinoa)
- Gluten Free Mac and Cheese (e.g., Annie’s)
- Gluten Free and Dairy Free Mac and Cheese (e.g., Daiya)
- Gluten Free Easy-Prep Meals (Boxed Rice and Quinoa dishes)
- Gluten Free Flour, Pancake Mix, Baking Mixes
- Gluten Free Crackers
- Gluten Free Cereal (e.g., Chex)
- Gluten Free Shelf-Stable Breads (e.g., Schar, Ener-G)
- Gluten Free Granola & Protein Bars
- Gluten Free Soy or Sunflower Butter
- Gluten Free Salad Dressing
- Gluten Free Sauces and Condiments
- Gluten Free Spices and Seasonings
- Gluten Free No Sugar Added Fruits and Applesauce
- Sweeteners – Maple Syrup, Honey, Agave (no glass bottles)