



## **JOIN OUR PEOPLE POWERED FOOD DRIVE**

MAY 1 - 31, 2025

Help our community! SAFE 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 directly to our clients. Please make sure that all items containing grain say “gluten-free” on the packaging. Thank you for your support!

**Please, no refrigerated, frozen, or expired items.**

Our clients will appreciate the following items:

- Oils - Olive, Grapeseed, Coconut, Avocado (no glass bottles)
- Gluten-Free Flour, Pancake Mix, Baking Mixes
- Gluten-Free Cookies & 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
- Sweeteners – Maple Syrup, Honey, Agave (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 Easy-Prep Meals (Boxed Rice & Quinoa Dishes or Mac and Cheese)