

SAFE

food pantry



JOIN OUR PEOPLE POWERED FOOD DRIVE

MAY 1 - 31, 2021

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

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.

S.A.F.E. 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, as well as for distribution in partnership with Columbia Community Care. Please make sure that all items containing grain say “gluten free” on the packaging. Thank you for your support!

Please donate 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 Pasta
- Gluten Free Canned Proteins (Chicken, Spam, Tuna, Salmon, Beans)
- Gluten Free Plain Brown Rice or Plain 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 Shelf-Stable Breads (e.g. Schar, Ener-G)
- Gluten Free Tortillas (corn or rice)
- Gluten Free Granola Bars
- Gluten Free Oatmeal or Hot Cereal
- Gluten Free Soy or Sunflower Butter
- Gluten Free Cereal (e.g. Chex)
- Gluten Free Soups
- Gluten Free Salad Dressing
- Gluten Free Soy Sauce
- Sweeteners - Maple Syrup, Honey, Agave (no glass bottles)
- No Sugar Added Fruits and Applesauce

No refrigerated or frozen items please.