



**Community Action Council is always in need of food and personal care items to distribute, to those in need, through our food pantry.**

**For more information or if you would like to donate items, please call 301-797-4161.**

**PLEASE NOTE: We are not able to accept items which are expired, opened, repackaged or homemade.**

### Preferred items for food pantry donations

Canned chicken  
Canned fruits  
Canned soups  
Canned tuna  
Canned vegetables  
Cereal  
Hamburger / Tuna Helper  
Instant potatoes  
Jelly  
Macaroni and Cheese dinner kits  
Pancake mix  
Peanut butter  
Ramen noodles  
Rice and noodle sides  
Spaghetti noodles  
Spaghetti sauce  
Syrup

### Preferred items for personal care / hygiene donations

Toothbrushes  
Toothpaste  
Deodorant  
Shampoo  
Conditioner  
Body wash  
Bar soap  
Hand soap  
Shavers  
Feminine hygiene products

**\*We also accept some cleaning /and paper products such as:**

Dish detergent  
Laundry detergent  
Paper towels  
Tissues  
Toilet Paper

**\*We are not able to accept mouthwash, which contains alcohol.**