

Bethesda Help Pantry List – May 2020
Drop off Wednesdays between 11 AM - 1 PM
(see below for more information)

GRAINS	<ul style="list-style-type: none"> ▪ Instant oatmeal packets (6 or 12 individual packs) ▪ Oatmeal (round box) ▪ Cereal (unsweetened) ▪ White and Brown Rice (1 lb bag) ▪ Pasta (any type) white or whole grain (1 lb box) ▪ Mac n Cheese (7.25 oz)
CANNED PROTEIN	<ul style="list-style-type: none"> ▪ Tuna (packed in water) – 5 oz ▪ Chicken – 12.5 oz ▪ Salmon – 12 oz ▪ Beans – 15.5 oz (black, garbanzo, pinto, great northern—low sodium)
CANNED FRUIT (15 oz - in light syrup or juice)	<ul style="list-style-type: none"> ▪ Peaches ▪ Pineapple ▪ Pears ▪ Mandarin Oranges
CANNED VEGETABLES (15 oz - Low Sodium)	<ul style="list-style-type: none"> ▪ Green Beans ▪ Corn ▪ Peas ▪ Mixed Vegetables
OTHER ITEMS	<ul style="list-style-type: none"> ▪ Canned Spaghetti Sauce ▪ Peanut Butter (18 oz) creamy or crunchy ▪ Shelf Stable Milk (not powdered) ▪ Jelly (in small squeeze bottle) ▪ Dried Beans (16 oz)

***** PLEASE NOTE: No Expired Items or
Glass Bottles Will Be Accepted *****

The pantry is located at the North Bethesda United Methodist Church, 10100 Old Georgetown Rd, Bethesda (the corner of Old Georgetown Rd. and Lone Oak Dr). Just enter the parking lot from Lone Oak Drive. As you drive in, the building is on the right. The pantry entrance is the last door at the end.

Due to COVID19, we ask that when you drop off the items you remove them from your car and place them on the sidewalk near the pantry door. Once you are safely back in your car, a volunteer will retrieve them. A donation receipt is attached if needed.