

# Sarah's Hope Food Drive Opportunities



*Sarah's Hope serves three meals and two snacks each day to the 85 women and children the shelter serves—over 80,000 meals per year! The shelter regularly needs groups to conduct drives throughout the year for breakfast and pantry items. We've designed the list below for organizing your own drive. If you would like to hold a food drive to benefit Sarah's Hope families, please contact the Volunteer Coordinator below to discuss details and drop-off times. To ensure we can use all of the food your group donates, please advise your team to only collect items on the list and to check expiration dates on the food they are donating!*

**\*\*PLEASE NOTE THAT WE NO LONGER ACCEPT CANNED VEGETABLES\*\***

## Regular Pantry Items

### Cans or Large Cans

Baked Beans  
Canned Beans  
Tomato Sauce  
Chicken Noodle Soup  
Canned Salmon  
Canned Tuna  
Canned Fruit

### Condiments

Ranch Salad Dressing  
Ketchup and Mustard  
Mayonnaise  
Peanut Butter  
Jellies and Jams

### Starches

Spaghetti Noodles  
Macaroni Noodles  
White or brown rice (large bags please)

### Snacks

Juice Boxes  
Granola Bars  
Cookies  
Breakfast Bars  
Fruit Rollups or Fruit snacks  
Peanut Butter or Cheese Crackers  
Trail Mix or Nuts  
Fruit or Pudding Cups  
Applesauce

## Breakfast Pantry Drive

Cereals  
Granola Bars  
Breakfast Bars  
Applesauce  
  
Cream of Wheat

Coffee  
Pop Tarts  
Sugar  
Fruit—especially bananas and apples  
Milk—1% and whole

**Donation drop-offs can be scheduled by contacting:**  
Laura Staroneck, Sarah's Hope, Hannah More Volunteer Coordinator  
[Laura.staroneck@vincentbaltimore.org](mailto:Laura.staroneck@vincentbaltimore.org) or  
410-773-0334