

# **Donate Food and Toiletries for the The Outreach Committee's**



U M B C  
R E T R I E V E R E S S E N T I A L S

## **FOOD AND TOILETRIES**

*Drive*

**At the Labyrinth during the ONE Worship Service**

**11 September 2022**

**9:00-NOON**

**WALK THE LABYRINTH AND DONATE PANTRY ITEMS  
FOR FOOD INSECURE UMBC STUDENTS**

See what is needed on the  
backside of the flyer



# Toiletries and Food Needed

Please select items from the list below and  
bring in a **REUSABLE BAG**

## Toiletries Desperately Needed

Toiletries are not covered under the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps). Personal hygiene products are especially needed for students experiencing food insecurity. Only donate new items (not already open). Travel size collected from hotels are also welcome.

### Items especially needed:

Toothpaste, Toothbrushes, Dental floss, Mouthwash, Deodorant, Soap, Body wash, Razors, Shampoo, Conditioner, Lotion, Toilet paper, Pads, Pantyliners, Tampons, Q tips, Miscellaneous toiletries

## FOOD

Retrievers Essentials Pantry finds it extremely difficult to meet the needs of students with specific dietary needs due to allergies, religious practices, and other restrictions such as vegetarianism. Another issue they face is the difficulty of providing culturally relevant foods to International Students, one of their largest segments of pantry visitors, who face huge financial barriers to success. Additionally, a percentage of students at UMBC have inadequate housing and lack access to cooking facilities, so they additionally try to provide ready-to-eat items to those students. **PLEASE pick items from this list and bring in a reusable bag.**

Basmati rice, Anything that can be eaten immediately or microwaved (for example, easy Mac or soups in microwaveable containers), Snacks (especially granola bars), Halal meats, Vegetarian and vegan soups, Cooking oil (vegetable, sunflower, olive, coconut), Ramen noodles, Spices (cumin, turmeric, curry, chili powder, salt and pepper, thyme), Rice noodles, Gluten-free options, Coffee, Tea

**Thank you from the Outreach Committee!!!!**