



Parent and Child 'Scavenger Food Hunt'

For the MLK Jr. Day of Service to be completed at a grocery store

Deliver food items to Glen Mar Church on either the kit pick-up or returns dates

Glen Mar Church, 4701 New Cut Road, Ellicott City, MD 21043

Glen Mar will be collecting non-perishable food items. If you can, please purchase items with low salt and/or sugar. The food will be distributed to several local non-profit organizations that directly work with those in our local community in need.

Non-perishable Food List:

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| 1) Applesauce | 11) Granola Bars |
| 2) Canned Beans | 12) Instant Mashed Potatoes |
| 3) Canned Chicken | 13) Jelly (grape and strawberry) |
| 4) Canned Fish (Tuna and Salmon) | 14) Meals in a Box |
| 5) Canned Meat (SPAM and Ham) | 15) Nuts |
| 6) Canned Vegetables | 16) Pasta |
| 7) Cooking Oils (Olive and Canola) | 17) Peanut Butter |
| 8) Crackers | 18) Rice |
| 9) Dried Herbs and Spices | 19) Shelf-stable & Powdered Milk |
| 10) Fruit (Canned or Dried) | 20) Soup, Stew, and Chili |
| | 21) Whole Grain Cereal |