

Join the Maryland State Bar Association's  
Young Lawyers Section at the



February 13, 2010  
8:30am to 12:30pm

The MSBA YLS is seeking volunteer to assist the Maryland Food Bank with sorting donated food and supplies before distribution, organizing holiday baskets for the needy, and a variety of other activities. If you are interested in participating, please contact Michael W. Siri at [siri@bowie-jensen.com](mailto:siri@bowie-jensen.com).

The Maryland Food Bank's new facility is located at 2200 Halethorpe Farms Rd. 21227. The facility is located one mile outside the I-695 beltway at Exit 9 Hollins Ferry Road in S.W. Baltimore Co. Exit 9 is a short ramp, so "HUG THE LEFT" so you can turn left. If you bear right, you must cross the bridge, find a safe place to turn around & come back; *Fireline* is on your right when you are headed in the correct direction. Then look for Hajoca Plumbing, Overflo, and TCI Tire Ctr. on left. Turn LEFT on Halethorpe.

**Can't make it to on February 13<sup>th</sup>?** The MSBA YLS is also conducting a food drive for the month of November. See list of most needed items below and drop off your collection to MSBA Young Lawyers Fall School Supply Drive, Attn: Angela Munro, MSBA Headquarters, 520 W. Fayette St, Baltimore, MD 21201. Alternative arrangements can be made if you are unable to deliver the supplies to MSBA Headquarters. Collections boxes are available from the MSBA YLS.



## **WELCOME!**

*The Maryland Food Bank depends solely on its volunteers to manage the sorting and packing of donated food and product in our warehouse. We hope that your volunteer experience with the Maryland Food Bank is a good one and that we'll see you again soon! We ask that our volunteers come prepared to work and abide by the following:*

- *Volunteers should dress comfortably, preferably in jeans, t-shirts and/or sweatshirts. Volunteers work in our warehouse where the temperature may vary depending on the season. Tennis shoes or boots should be worn. **No open-toe shoes of any kind are allowed in our warehouse. Volunteers wearing open-toe shoes will be asked to reschedule a volunteer appointment.***
- *Volunteers must be 12 years of age and older to volunteer. Children between the ages of 12 to 15 must be accompanied by an adult. Children between the ages of 14 to 17 must have a signed consent form from a parent/guardian and can be accompanied by an adult other than the parent/guardian*
- *Volunteers must call to schedule a volunteer appointment. Individuals that just "show up" without an appointment run the risk of being asked to reschedule.*
- *Volunteers are not allowed to remove donated food and/or product from our warehouse. All donated product is the property of the Maryland Food Bank.*

# Maryland Food Bank

PROVIDING FOOD FOR HUNGRY MARYLANDERS

## MOST NEEDED ITEMS

(no glass, please)

### MEAT & PROTEIN

- Canned meat, ham and chicken
- Peanut Butter
- Macaroni and cheese
- Canned stews
- Canned tuna, salmon and sardines
- Nuts and seeds
- Dried canned beans

### BREADS & CEREALS

- Oatmeal
- Breakfast cereal
- Rice and rice cakes
- Pasta

### DAIRY FOODS

- Evaporated milk
- Powdered milk
- Infant formula
- Puddings and custards

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### NON-FOOD ITEMS

- Diapers
- Toilet Paper
- Plastic/Paper plates and cups
- Sanitary napkins and tampons

### FRUITS & VEGETABLES

- Canned fruits and juices
- Canned vegetables
- Canned soup
- Sauces/Salad Dressing