



DID YOU KNOW?

We distributed **23,070** emergency hampers in 2024.

That's a **23%** increase over the same period in 2023 and a **71%** increase since this same time in 2022.





The Cambridge Food Bank is routed in
delicious dignity.





**This means we offer a
grocery model and
participants get to **choose**
culturally appropriate
food. We do not pre pack
emergency hampers.**



How Can You Help?

With a Food & Fund Drive





Most Needed Food Items

Most Needed Items

- 🌿 Sandwich spreads and peanut butter
- 🌿 Canned meat and fish
- 🌿 Breakfast food & cereal
- 🌿 School snacks



Healthy Donations

- 🌿 Choose whole grains like whole wheat pasta, brown rice, and oats
- 🌿 Look for low-sodium canned goods
- 🌿 Pick canned fruit in 100% juice or water
- 🌿 Consider protein like canned tuna, chicken, or plant-based proteins
- 🌿 Donate food you would be happy to receive





Your support in collecting non-perishable foods helps us keep our shelves full.





**So we can continue responding
to the increasing need for food
assistance.**





None of us is immune to need – you may not think you need a food bank until one day, you do.





for your
support.

THANK YOU

