



# DID YOU KNOW?

We distributed **24,268** emergency hampers in 2025.



That's a **5%** increase over the same period in 2024 and a **29%** increase since this same time in 2023.



**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

