



Volunteers Needed for Groceries to Go!

Groceries to Go! — otherwise known as the Commodity Supplemental Food Program (CSFP) — is a federal program that provides food to low-income seniors. Through partnerships with local nonprofits like Garrett County Community Action, the program distributes boxes of nutritious USDA foods monthly to seniors in our community. **Groceries to Go!** is critical to ensuring that Maryland's food-insecure seniors receive the food assistance they need to lead healthy lives.

But it takes a village! The USDA has increased the caseload for Garrett County seniors! Starting in March & April we can serve 100 seniors with once per month deliveries of **Groceries to Go**. Bulk supplies of food are delivered to our Food Warehouse where we sort & pack boxes. Volunteers are needed to help sort & pack boxes on the first & second Tuesday of each month from 10am – 12pm in Oakland.

Once boxes are assembled, additional volunteers are needed to assist with delivery of boxes to seniors. Pick up of boxes will occur from 9am-10am the first and second Thursday of each month in Oakland and Grantsville. Each volunteer will be asked to deliver 6-10 boxes of food to seniors in their area. We anticipate deliveries will take 1-2 hours at most. Volunteers will use their own vehicles for deliveries and should be able to lift 35-40lbs per food box.

We need your support to make this program work in our community!

SORTING AND PACKING

1st & 2nd TUESDAYS of each month **10am-12pm** **(Oakland)**

DELIVERIES TO SENIORS

1st & 2nd THURSDAYS of each month **9am-10am**
(pick up in Oakland & Grantsville, plus 1-2 hours for delivery of 6-10 food boxes)

For more information or to sign-up
contact Jeannie Tichnell @ dtichnell@garrettcac.org
or call 301-334-9431, ext. 6603. Thank you!

