

# Holiday Food Drive for LARS

LARS will provide holiday meal baskets to over 250 families and seniors in need this holiday season. Please help keep the food pantry full by donating any unwanted food in your own pantry or by filling up a basket for LARS next time you do your grocery shopping. Grocery gift cards can also be donated to LARS families.

## Helpful Holiday Items:

Canned vegetables  
Canned yams  
Cornbread mix  
Cranberry sauce

Fresh or canned fruit  
Frozen hams/turkeys  
Gravy  
Instant potatoes

Nuts  
Pie filling/crust  
Rice  
Stuffing



## Please remember to check expiration dates!

Donations can also be dropped off at LARS  
Mon, Wed, Fri 9-2pm & Monday 5-7:30pm

Laurel Advocacy & Referral Services, Inc.  
311 Laurel Avenue  
Laurel, MD 20707  
301-776-0442  
[www.laureladvocacy.org](http://www.laureladvocacy.org)

For information on volunteering at LARS, contact Angelica Christian  
301-776-0442 ext. 32 or [achristian@laureladvocacy.org](mailto:achristian@laureladvocacy.org)

For information about LARS' Holiday Program, contact Alli Milner  
301-776-0442 ext. 34 or [amilner@laureladvocacy.org](mailto:amilner@laureladvocacy.org)