

Dear Volunteer,

We need your help. Imagine if you showed up to the food pantry you rely on only to find that it was closed. What would you do? How would you feed your family? Thousands of Maryland families may soon find themselves facing that terrifying question.

At the Maryland Food Bank, we're working to ensure there is an adequate supply of food available at pantries and community organizations across the state for the remainder of this public health crisis.

But we can't do it without you! We desperately need help packing "Back Up Boxes" containing 30 pounds of shelf-stable, nutritious foods.

Can you help? If so, go [here](#) to sign-up as an individual. Or even better, go [here](#) to organize a group of volunteers.

Rest assured that we've taken measures to protect the health and well-being of our volunteers. Throughout the day, we are cleaning all high contact surfaces, such as door handles, handrails, sinks, bathrooms, and tables. In addition, all volunteers are required to wash their hands when they arrive, as necessary throughout their shifts, and again before they leave. Also, we are providing gloves to all volunteers. Finally, we are limiting the size of our shifts to 25 volunteers and only working in open spaces with lots of ventilation. That being said, please DO NOT volunteer if any of the following apply to you:

1. You feel sick
2. You have been in contact with someone who was sick in the last 14 days
3. You have traveled outside the United States or on a cruise ship in the last 14 days
4. You are at higher risk of getting very sick. This includes:
 - a. People over the age of 60
 - b. People who have serious chronic medical conditions such as heart disease, diabetes, and lung disease
5. If any of items 1 – 4 apply to someone in your immediate household

Thank you for your support. Together, I know we can weather this crisis.

Best regards,

Thomas Higdon
Volunteer Program Manager