

# Grocery boxes available to seniors; volunteers needed

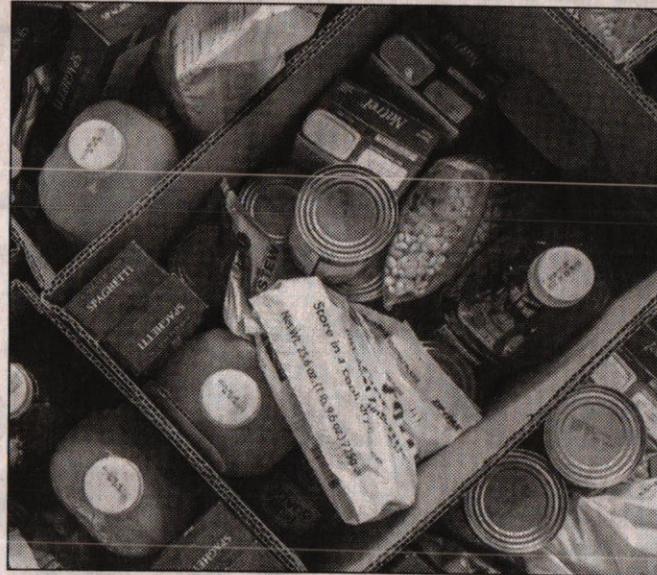
by Brenda Ruggiero  
STAFF WRITER

OAKLAND — The number of food boxes available monthly to Garrett County seniors through the Groceries to Go! program has been increased.

Otherwise known as the Commodity Supplemental Food Program, Groceries to Go! 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.

"Groceries to Go! is critical to ensuring that Maryland's food-insecure seniors receive the food assistance they need to lead healthy lives," said Jeanie Tichnell of Community Action.



Submitted photo

**Groceries to Go! items include juice, fruit, vegetables, cheese, pasta and protein.**

She explained that the program began in Garrett County in June 2019. Un-

til now, the number of boxes provided per month was 45, but that number has

been increased to 100.

Bulk supplies of food are delivered to the food warehouse, where they are sorted and packed into boxes.

Volunteers are needed to help with this on the first and second Tuesday of each month from 10 a.m. to noon in Oakland.

Once boxes are assembled, additional volunteers are needed to assist with delivery of boxes to seniors.

Pickup of boxes occurs from 9-10 a.m. on the first and second Thursday of each month in Oakland and Grantsville. Each volunteer will be asked to deliver six to 10 boxes of food to seniors in their area.

Deliveries take one to two hours. Volunteers will use their own vehicles for deliveries and should be able to lift 35-40 pounds per food box.

For more information or to sign up to volunteer, contact Tichnell at dtichnell@garrettcac.org or call 301-334-9431, ext. 6603.

The food boxes are for those age 60 and older, and distribution is based on income.

Boxes include nutrition information along with the food. Items include juice, vegetables, fruits, both liquid and dry milk, a two-pound block of cheese, rice, pasta, cereal, peanut butter, dry beans and a protein consisting of either beef, chicken, tuna or salmon.

To sign up for food boxes, seniors can call Annette Nine at 301-334-9431, ext. 6178.

Staff writer Brenda Ruggiero can be reached at 301-501-8393 or by email at bruggiero@therepublicannews.com.

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