

## My Groceries to Go!

My Groceries to Go! is a USDA Commodity Supplemental Food Program that offers monthly pantry essentials to help you maximize your food and nutrition. Monthly boxes are available for pickup or can be delivered to your home.



## What's in the Box?

Canned Meat  
Cheese  
Pasta and Rice  
Canned Fruits and Vegetables  
Bottled Juice  
Peanut Butter  
Cereal  
Beans  
Milk  
Recipes  
Nutrition Tips

## Register Today

If you are 60 years of age or older and reside in Garrett County, you are encouraged to apply. Income guidelines apply.

## Call us Today!

Garrett County - Garrett County Community Action Committee, Inc.: **301-334-9431 Ext 6178**

**Don't Love Your Box?** - You may cancel your registration at any time.

### USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

(1) mail: U.S. Department  
of Agriculture Office of the  
Assistant Secretary for Civil  
Rights 1400 Independence  
Avenue, SW Washington,  
D.C. 20250-9410;

(2) fax: (833)256-1665 or (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.