

BAG HUNGER SOUTHERN MARYLAND



"Bringing the community together to fight food insecurity"

Feed St. Mary's in St. Mary's County, Operation Ernie's Place in PG County, and Solomon's Mission Center & The Church of Jesus Christ of Latter-day Saints in Calvert County are partnering in Southern Maryland to distribute 300,000 meals to combat hunger. This community and interfaith collaboration aims to support nonprofit organizations that require free meals for their food insecurity initiatives. If you're in need of meals, kindly inform us of the desired quantity. We will make every effort to meet your request as our orders are dependent on the availability of products and customer demands.

**SATURDAY SEPTEMBER
23, 2023**

Participating Locations:

- **The Church of Jesus Christ of Latter-day Saints**
- **Bayside/Calvert Building,**
- **Bowie Building,**
- **Lexington Park/Patuxent Building,**
- **Suitland Building, and**
- **White Plains Building**
- **All Saints (Calvert)**
- **Feed St Marys (St Mary's)**
- **UMC Hollywood (St Mary's)**
- **Operation Earnie's Plate (PG)**
- **TBD (Charles)**

Meals are:

- **100% Free.**
- **American Institute for Baking (AIB) Certified Standards.**
- **Enriched with essential vitamins, minerals, and proteins.**
- **Packaged in a bag that contains 6 servings with instructions.**
- **10"x12"x14" per box, with 32 - 72 bags inside.**
- **12-24 months of food shelf life.**

TO SUBMIT YOUR REQUEST OF BAGS, YOU MAY CONTACT:

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Assortment of Meal Packages



Fortified Rice-Beans-Soy Protein Meal Package

(6 Supplemental Servings)

Nutrition Facts
Serving Size 1/2 cup dry (85g)
Servings per bag 6 cups (cooked)

Amount Per Serving		% Daily Value*
Calories	220	
Total Fat	1.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	400mg	17%
Total Carbohydrate	33g	12%
Dietary Fiber	4g	8%
Sugars	0g	0%

Directions: Remove Vitamin/Seasoning packet from bag and set aside. Add rice blend to 6-10 cups of boiling water. Simmer for 20 minutes or until rice is tender, stirring occasionally. Add more water if needed. Stir in contents of Vitamin/Seasoning packet to cooked rice. Blend and serve. To enhance flavor and calories add oil or any of your favorite seasonings.

INGREDIENTS: RICE, PASTA BEANS, SOY FLOUR, DRIED VEGETABLES (CARROT, ONION, TOMATO, CELERY, CABBAGE, BELL PEPPER), SALT, DEXTROSE, MALTODEXTRIN, HYDROLYZED SOY PROTEIN, VEGETABLE OIL, ONION POWDER, L-CYSTEINE, CITRIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, NATURAL FLAVORS, TURMERIC.

VITAMINS AND MINERALS: TRI-CALCIUM PHOSPHATE, MAGNESIUM ASPARTATE, ASCORBIC ACID, VITAMIN E ACETATE, FERRIC FUMARATE, BIOTIN, VITAMIN A PALMITATE, NICKELACIDE, CALCIUM, PHANTHONATE, ZINC OXIDE, MANGANESE SULFATE, COPPER GLUCONATE, VITAMIN D3 SUPPLEMENT, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, VITAMIN B12 CYANOCOBALAMIN, POTASSIUM IODIDE.

Meals of Hope
2221 Corporation Blvd
Naples, FL 34109 USA
Phone: 239-537-7775
www.mealsofhope.org
Net Wt. 13.8 oz. (390g)
Patent Pending



FORTIFIED BEANS AND RICE CASSEROLE: includes rice, pre-cooked dried beans, soy protein, 6 dried vegetables, and 21 vitamins and minerals.



Fortified Pasta and Tomato Sauce

Nutrition Facts
Serving Size 1/8 prepared meal (35g)
Servings Per Container 8

Amount Per Serving		% Daily Value*
Calories	210	
Total Fat	1.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	400mg	17%
Total Carbohydrate	33g	12%
Dietary Fiber	4g	8%
Sugars	0g	0%

Ingredients: Wheat Flour, Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Soy Flour, Dehydrated Tomatoes, Dextrose, Vitamin Blend (Salt, Dextrose, Hydrolyzed Corn Protein, Modified Corn Starch, Soybean Oil, Onion Powder, Disodium Inosinate, Disodium Guanylate, Turmeric, Natural Flavorings), Maltodextrin, Salt, Modified Food Starch, Onion Powder, Paprika, Extractives of Paprika, Spices, Natural Flavors, Citric Acid Yeast Extract. Contains: Soy, Wheat.

Vitamins & Minerals: MAGNESIUM SULFATE • DICALCIUM PHOSPHATE • ASCORBIC ACID • FERRIC ORTHOPHOSPHATE • ALPHA TOCOPHERYL-ACETATE • NIACIN • MANGANESE GLUCONATE • D-CALCIUM PANTOTHENATE • ZINC OXIDE • COPPER GLUCONATE • VITAMIN A PALMITATE • PYRIDOXINE HYDROCHLORIDE • RIBOFLAVIN • THIAMINE MONONITRATE • FOLIC ACID • BIOTIN • POTASSIUM IODIDE • VITAMIN D3 • CYANOCOBALAMIN

Cooking Instructions: Remove Tomato Sauce packet from bag and set aside. Bring 4 cups of water to a boil. Add Pasta blend to boiling water. Cook for approximately 9-11 minutes. Do NOT drain excess water. Add Tomato Sauce packet, stir to mix and serve.

Net Wt. 11.6 oz. (329.6g)

2221 Corporation Blvd.
Naples, FL 34109
239-596-8990



FORTIFIED PASTA WITH TOMATO SAUCE: includes pasta, soy protein, 21 vitamins and minerals, and a packet of tomato sauce.



Fortified Macaroni and Cheese Meal Package

(6 supplemental Servings)

Nutrition Facts
Serving Size: 1 Cup
Servings per bag 6 cups

Amount Per Serving		% Daily Value*
Calories	220	
Total Fat	1.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	400mg	17%
Total Carbohydrate	33g	12%
Dietary Fiber	4g	8%
Sugars	0g	0%

Directions: Remove Cheese Sauce packet from bag and set aside. Add macaroni blend to 6-10 cups of boiling water. Cook 12 to 14 minutes or until tender stirring occasionally. Drain - Do Not Rinse. Return to pot. Add Cheese Sauce Mix, 4 Tbs. butter and 1 cup. Fat free milk, mix well.

INGREDIENTS: Durum Wheat Semolina enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamine mononitrate, riboflavin, folic acid), Soy Flour, Cheese Sauce Mix (Whey, Maltodextrin, Wheat Flour, Salt, Natural Flavors, Semisoft Cheese (Milk, Cheese Culture, Salt, Emulsifier), Buttermilk Solids, Calcium Phosphate, Sodium Phosphate, FD & C Yellow #5, FD & C Yellow #6, Lactic Acid).

Vitamins and Minerals: Tri-Calcium Phosphate, Magnesium Sulfate, Ascorbic Acid, Vitamin E Acetate, Ferric Orthophosphate, Biotin, Vitamin A Palmitate, Niacin, Calcium Pantothenate, Zinc Oxide, Manganese Gluconate, Copper Gluconate, Vitamin D3 Supplement, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Folic Acid, Vitamin B-12 Cyanocobalamin, Potassium Iodide.

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FORTIFIED MACARONI AND CHEESE: includes macaroni, soy protein, 21 vitamins and minerals, and a packet of cheese sauce.



Fortified Chicken Flavored Rice and Vegetable Soup

Nutrition Facts
Serving Size 1/2 cup cooked
Servings 8 cups

Amount Per Serving		% Daily Value*
Calories	95	
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	400mg	17%
Total Carbohydrate	20g	8%
Dietary Fiber	4g	16%
Sugars	0g	0%

Ingredients: Wheat Flour, Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Rice, Peas, Corn, Soy Flour, Dried Vegetables (Carrot, Onion, Tomato, Celery, Cabbage, Bell Pepper), Dextrose, Vitamin Blend (Salt, Dextrose, Hydrolyzed Corn Protein, Modified Corn Starch, Soybean Oil, Onion Powder, Disodium Inosinate, Disodium Guanylate, Turmeric, Natural Flavorings), Citric Acid.

Vitamins and Minerals: Tri-Calcium Phosphate, Magnesium Aspartate, Manganese, Ascorbic Acid, Vitamin E Acetate, Ferric Fumarate, Vitamin D3, Copper Gluconate, Biotin, Potassium Iodide, Zinc Oxide.

Directions: Bring six cups of water to boil. Add soup mix, reduce heat and let simmer for 20 minutes.

Net Wt. 6.2 oz (176g)

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FORTIFIED CHICKEN FLAVORED RICE AND VEGETABLE SOUP: includes rice, soy flour corn, peas, carrot, onion, tomato, celery, cabbage and bell pepper, and 21 vitamins and minerals.



Fortified Cinnamon Sugar, Diced Apples Oatmeal

Nutrition Facts
Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving		% Daily Value*
Calories	120	
Total Fat	1.5g	3%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	400mg	17%
Total Carbohydrate	20g	8%
Dietary Fiber	4g	16%
Sugars	0g	0%

INGREDIENTS: ROLLED OATS, SUGAR, DEHYDRATED APPLES, SALT, CITRIC ACID, CINNAMON, MALTODEXTRIN, CANOLA OIL.

VITAMINS & MINERALS: MAGNESIUM SULFATE, CALCIUM PHOSPHATE, ASCORBIC ACID, VITAMIN E ACETATE, FERRIC ORTHO PHOSPHATE, ZINC OXIDE, MANGANESE SULFATE, COPPER GLUCONATE, VITAMIN D3 SUPPLEMENT, PYRIDOXINE HYDROCHLORIDE, VITAMIN B2, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, VITAMIN B12 CYANOCOBALAMIN, POTASSIUM IODIDE.

Cooking Instructions: Ingredients/flavorings may settle during storage. To distribute flavoring, shake bag.

Microwave:
1. Add 1/4 C. oatmeal mixture to microwave safe bowl
2. Stir in 2/3 C. water
3. Microwave, uncovered for 1 1/2 - 2 min.

Conventional:
1. 1/4 C. oatmeal into bowl
2. Add 1/2 C. boiling water
3. Stir. Let stand 1 min

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FORTIFIED CINNAMON SUGAR, DICED APPLES OATMEAL: includes whole grain rolled oats, diced apples, vitamins and minerals, and cinnamon sugar.

LOVE GOD. GIVE HOPE. GIVE FOOD.

