



HEALING AND DELIVERANCE MINISTRY

HEALING YOURSELF OUTREACH PROGRAM (HYOP)

Bishop, Paul L. Walker – Founder/Executive Director

Executive Pastor – Lisa Walker/Program Director

“FIGHTING HUNGER, DELIVERING HOPE”

****WE PROVIDE FREE PRODUCE & FOOD TO THOSE IN NEED, IN MONTGOMERY COUNTY, MD**



Grains

Instant Oatmeal packets, Original flavor
Brown Rice
Whole Grain Pasta
Bread

Protein

Tuna or Chicken in Water
Dry or Canned beans (low sodium)
Natural Nut Butters

Fruit & Vegetables

Fresh Fruit/Vegetables
Canned Vegetables (Low sodium)
Canned Fruit (in Juice)
Jelly

Other healthy Items

Juices
Shelf-Stable Individual Fruit Juices
Cooking Oils/Peanut Butter

Church contact information:

Healinganddeliveranceministry77@outlook.com

Help us by donating to our website at:

WWW.HEALINGANDELIVERANCEMINISTRY.COM

We are partners with Capital Area Food Bank



Partners with Community Food Rescue

Website: www.communityfoodrescue.org

Twitter: @mocofoodrescue

Facebook: www.facebook.com/communityfoodrescue