

2025 Greater Maryland Heart Walk

September 2025

Support the Greater MD Heart Walk Healthy Food Drive!

Proceeds to benefit the Emergency Food Pantry at Johns Hopkins Bayview Medical Center.

Please consider bringing a heart healthy, non-perishable item to the event. The **Emergency Food Pantry at Johns Hopkins Bayview Medical Center** needs the following items.

- Low-sodium or unsalted canned soup
- Low-sodium or unsalted canned vegetables
- Low-sodium canned baked beans
- Canned fruit packed in 100% juice or water (fruit cocktail or other fruits)
- Low-sodium or unsalted canned beef stew
- Low-sodium or unsalted canned meat
- Low-sugar, low-sodium pasta sauce
- Pasta noodles (1 lb.)
- Low-sugar, whole grain cereals
- Heart Smart Biscuit mix
- Low sugar gelatin (Jell-o)
- Dried milk (powdered milk packaged in envelopes)
- Tuna

If you haven't registered for the Heart Walk, please [join the Johns Hopkins Medicine Greater Maryland Heart Walk team](#) for a fun, family-friendly event that brings our community together to get active and support the mission of the American Heart Association.



