



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER



HOSTING A FOOD DRIVE?

HERE'S WHAT WE NEED

CANNED PROTEIN

SPAM, tuna, salmon, chicken, sardines, stew



BREAKFAST ITEMS & BREAD TOPPINGS

Peanut butter, sun butter, nut butters, jams, jellies, and hot & cold cereals



OILS

Olive, canola, peanut, coconut



CONDIMENTS

Salad dressing, ketchup, mustard, relish, mayonnaise



CANNED FRUITS & VEGGIES (ALL KINDS)

Especially: Beets, spinach, peaches, pears, carrots, corn



CANNED/ BAGGED BEANS

Lentils, kidney beans, peas, green beans



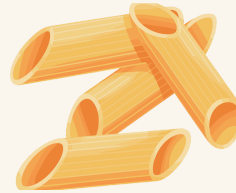
CANNED FOODS (ALL KINDS)

Especially: Soup, tomato sauce, tomatoes,



SIDE DISHES & PASTA

Rice, noodles, mac & cheese, spaghetti, macaroni



DRINKS

Coffee, tea, juices, water, exercise drinks



GRAINS

100% whole grains like brown rice, quinoa, bulgur, barley, rolled oats, wild rice



FOODS FOR SPECIAL DIETS

Gluten-free foods, low salt or no salt foods, Abodo seasoning, sofrito, maizal, soy sauce, ramen



PERSONAL CARE PRODUCTS

Toothpaste, deoderant, razors, sanitary napkins, soap, shampoo



HOUSEHOLD PRODUCTS

Laundry detergent, dish liquid, paper towels, disinfectant



401.846.4828x108



klawson@mlkcenter.org



mlkcenter.org