

## **Marjorie Kovler Center for the Treatment of Survivors of Torture**

Since opening in 1987 the Marjorie Kovler Center's mission to help survivors of torture has provided help to more than 400 families. These survivors are fleeing their home countries because of persecution for their race, religion, political beliefs, and identity as part of other groups. They come from regions all over the world.

The Center has a pantry from which survivors can get some basic foodstuffs. However, this pantry is not regularly supplied. Help fill the pantry by bringing food items to donate at the March 11 service. Make a difference in the lives of survivors! This food will be kept at the Kovler Center and go directly to individuals and families.

### ***needed food items***

The food items listed below are frequently used by the refugee/immigrant community served by Kovler Center, but are not usually stocked at local food pantries. Many of these items can be found in general grocery stores or on Amazon (via Kovler Center's wish list). *Starred items (\*) are the ones most often requested.*

- **\*Bulk Rice** (preferred to boxed, instant rice, etc.)
- **Lentils**-dried green, brown and red
- **Flour, Sugar, Massa/Cornmeal**
- **FouFou or FuFu** – powdered cassava root in a box or bag
- **\*Dried beans**– black, white      **Canned chickpeas**      **Canned peas**
- **Peanut butter**– both natural and common brands
- **Milk in a carton (UHT-Ultra High Temperature)**-this milk has a long shelf life
- **Bulk Potatoes/Onions**
- **\*Organic soups**– canned or in paper cartons, preferably organic with lower salt content
- **“Maggi” cubes** — similar to bouillon
- **\*Vegetable oil**– canola, corn, sunflower
- **Hot sauces**—such as Sriracha
- **Canned Tomatoes**–Diced tomatoes, tomato sauce, tomato paste (especially in tubes)
- **\*Canned Vegetables**— Preferably low sodium