



DR. MARTIN LUTHER KING JR.  
COMMUNITY CENTER

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## In 2018...

**1,228** individuals shopped for their holiday meal in our Thanksgiving Food Pantry, full of fresh produce and all the fixings, and a turkey on every table.

**1,471** individuals shopped for their holiday meal in our Christmas Food Pantry. Families chose fresh produce, eggs, bread, and milk. In addition, families received a gift card to the grocery store to purchase a protein for their holiday meal.

## Can we count on your donation this holiday season?

### 2019 Thanksgiving/Christmas Food Items Needed:

- Canned/package turkey or chicken gravy
- Bagged/boxed stuffing
- Cranberry sauce
- Shelf stable milk
- Non-perishable pie crusts, pie fillings, evaporated milk, etc.

#### Also Needed:

- Cash donations
- \$10 and \$20 Stop & Shop or Shaw's gift cards (for Christmas protein)



Please deliver **Thanksgiving** food donations

by **November 15, 2019**

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**Christmas** food donations

by **December 13, 2019**

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Deliveries are received at the MLK loading dock Mon.-Fri. from 8:30am-5pm.

## Food Pantry items always needed:

- Peanut + other nut butters (including Sunbutter)
- Jelly/jam
- Cereals, hot/cold
- Shelf-stable milk + non-dairy
- Soups (all brands, kinds, sizes)
- Canned protein (SPAM, tuna, chicken, etc.)
- Canned/dried fruit
- Cooking oil
- Side dishes (rice, noodle, mac & cheese, etc.)
- Potato & rice products
- Whole grain products

- Gluten-free + low salt items
- Canned vegetables
- Canned & bagged beans/lentils
- Pasta + pasta sauce (canned/jarred)
- Canned tomato products
- Condiments (salad dressing, ketchup, seasonings, etc.)
- Coffee/tea
- Personal/household items: shampoo, conditioner, soap, body wash, deodorant, menstrual products, lotions, razors, toilet paper, laundry/dish detergent, paper towels