

**Chatham Borough**

# **Martin Luther King Jr. Day of Service Food Drive**

**Monday, January 17th**

Dr. Martin Luther King Jr. believed that food insecurity was one of the biggest challenges facing communities everywhere. This year, as we remember the life and legacy of Dr. King in observance of MLK Day 2022, we invite you to join your neighbors to touch the lives of those of us in need.

Donating non-perishable items that are high fiber, low sugar and low sodium not only feed hungry people but also contribute to their overall health and wellness.

## **What foods are appreciated the most?**

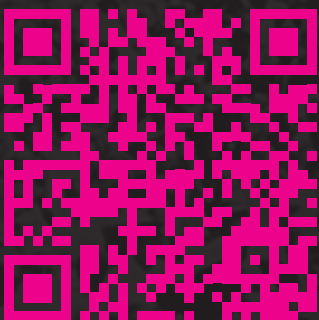
- Canned tuna, salmon or chicken
- Soup – lower sodium
- Canned pasta
- Macaroni and cheese
- Canned fruit in light syrup or juice
- Dry beans, peas or lentils
- Rice – brown or white
- Peanut butter
- Instant potatoes
- Canned vegetables – low sodium
- Canned tomatoes – low sodium
- Canned beans or peas – low sodium
- Pancake mix and syrup
- Hot and cold cereals
- Healthy snacks (e.g. raisins, granola bars)
- Baking mixes

**Drive Through Drop Off:**

**Chatham United Methodist Church**

**460 Main Street -- 10a to 12p**

**Learn More**



**SPONSORED BY:**

**Diversity, Equity, and Inclusion Advisory Committee of Chatham Borough and  
Chatham United Methodist Church Community Food Pantry**

