

# FOOD DRIVE

TO SUPPORT



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What  
We  
Need

## **Canned Protein:**

SPAM, tuna, salmon, chicken, sardines, stew, etc

## **Breakfast Items & Bread Toppings:**

peanut butter, sun butter, nut butters  
jams, jellies, hot & cold cereals

## **Oils:**

olive, canola, peanut, coconut

## **Condiments:**

salad dressing, ketchup, mustard, relish,  
mayonnaise

## **Canned Fruits & Veggies (all kinds):**

beets, spinach, peaches, pears

## **Canned/Bagged Beans (all kinds):**

lentils, kidney beans, peas, green beans

## **Canned Foods (all kinds):**

soup, tomato sauce, tomatoes, cranberry sauce

## **Side Dishes & Pasta**

rice, noodles, mac & cheese, spaghetti, macaroni

## **Drinks:**

coffee, tea, juices, water

## **Grains:**

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

## **Gluten-free Foods**

## **Low Salt or No-Salt Foods**

## **International foods (Non-perishable)**

## **Personal Care Products:**

toothpaste, deodorant, razors, toilet paper,  
soap, shampoo

## **Household Products:**

Laundry detergent, dish liquid, paper towel