



ITEMS FOR MLK DAY FOOD COLLECTION AT THE LIQUID CHURCH

WHERE: 545 MEADOW ROAD

WEST WINDSOR, NJ (Next to Duck Pond)

TIME: 10 am to 2 pm (Panel discussion at this location from 1 – 3)

- Shelf Stable 2% Reduced Fat Milk or other Shelf Stable Milk
- Cereals-Oatmeal etc.
- Peanut butter
- Canned soup
- Canned fruit
- Canned vegetables
- Canned stew or Vegetarian equivalent (lentils, etc.)
- Canned fish-TUNA
- Canned beans
- Pasta (most prefer whole grain)
- Rice (most prefer brown rice)

Feeding America writes: Look in your pantry if you're still stumped about what to donate. Families struggling with hunger often can't afford the staples that we normally have stocked at home. So, check your pantry out and go from there. Even specialty foods like olive oil, dressings, or marinades can be helpful if they don't need to be refrigerated. **NO ITEMS IN GLASS!**

Do not bring:

Perishable foods such as fruits and vegetables of items needing refrigeration.