



## *You can make a difference in Newport County!*

- The MLK Community Center's **Food Pantry provided over 179,000 meals** in 2014 through its Feed a Friend food pantry & Food 2 Friends delivery to the homebound hungry.
- The Center's **Breakfast Program**, the only daily meal site in Newport County, **served over 10,000 meals** in 2014.

**"1 in 5 Rhode Islanders are food insecure."**

Andrew Schiff, Executive Director  
RI Community Food Bank

"Who are the 1 in 5 hungry people in your community? 1 in 5 students in your child's classroom ... 1 in 5 of the workers who care for your aging parents ... 1 in 5 of the hospitality workers who serve you ... 1 in 5 on your sports league ... 1 in 5 of your co-workers ... 1 in 5 senior citizens ... **Who are the Ones in *your* life?"**

Marilyn Warren, Executive Director  
Dr. Martin Luther King, Jr. Community Center

Our goal: No One Hungry in Newport County

THANK YOU FOR YOUR NON-PERISHABLE FOOD ITEM DONATIONS.  
ALL ITEMS ARE WELCOME BUT WE ARE IN PARTICULAR NEED OF:

**FOR THANKSGIVING FOOD BAGS PLEASE DONATE BY 11/13/15**

**FOR CHRISTMAS FOOD BAGS PLEASE DONATE BY 12/11/15**

**Canned Turkey or Chicken Gravy**

**Canned Yams or Sweet Potatoes**

**Baked Beans**

**Stuffing Mixes**

**\$10 gift cards to Stop & Shop or Shaw's supermarket for the holiday protein**

Canned protein

SPAM; canned tuna, salmon, chicken,  
sardines; small hams; Vienna sausages;  
beef stew; chili; hash

Jams, jellies

Instant Oatmeal

Canned Soups

Canned Fruits

Pasta sauce

Canned corn & green beans

Side dishes: Rice/noodle / Mac & cheese

Quick Bread/Muffin mixes

Condiments:

Salad dressing, Ketchup, Mustard, Relish,  
Mayonnaise, Hot Sauce, Salsa

Juices

Sugar-free foods

Gluten-free Foods

Low Salt or No-Salt Foods

Baked beans

Pasta

*Thank you!*

**Please deliver donations of food Mon-Fri 8:30 - 5:30 to Loading Dock at**

20 Dr. Marcus F. Wheatland Boulevard, Newport Rhode Island 02840

Telephone: (401) 846-4828 ♦ Fax: (401) 848-7360

www.mlkccenter.org