

AN APPEAL FROM THE MISSISSIPPI FREEDOM

LABOR UNION

We have found that here in the Delta there is a serious need for more and proper food. We have a welfare committee which distributes food and clothing to the community, giving first preference to those who have lost their jobs because they tried to register to vote.

If you can send or organize groups you belong to to send as much as possible of this food, we may be able at least to start getting children drinking milk and other healthful foods.

Dried fruits--raisins, apple slices, etc. (more nutrition value per ounce than canned fruit.)

Canned fruit and vegetables--especially tomatoes (citric acid)

Rice and macaroni products, especially brown rice and egg noodles.

POWDERED MILK AND CONDENSED MILK

tea

dried fruit drinks (Tang, etc.)

brown or raw sugar, white sugar

jello

corn meal

Oatmeal, instant cereals, all grains (including wheat & rye flower)

honey

dry yeast

wheat germ

dried eggs

cheese

margarine (low cholesterol--safflower, corn oil)

dried beans, lentils, peas

dried soup--packages are better than cubes

canned meat

FIRST AID KITS

Mississippi Freedom Labor Union Contact List

Chairman: George Shelton, Jr.
Box 547
Shaw, Mississippi

Panola Co--Mr. Roland Nelson
Rt. 1
Crenshaw, Miss.

Mrs. Andrew Hawkins
PO Box 176
Shaw, Miss.

Rosedale--Mrs. Ida Lawrence
Box 1135
Rosedale, Miss.

Cleveland: Rev. Sam Green
104 Rear E. Cross St.
Cleveland, Miss.

Ruleville-- Mrs. Sallie Mae Carthen
808 North Division St.
Ruleville, Miss.

Mrs. Leroy Johnson
104 Cross St.
Cleveland, Miss.

Shelby-- Mr. Albert Rich
Box 410
Shelby, Miss.

Glen Allen--Mr. Jake Ayers
Box 375
Glen Allen, Miss.

Sidon--Mr. William Lipsey
General Delivery
Sidon, Miss.

Greenville--Mrs. Jusie Tyler
830 Nelson St.
Greenville, Miss.

Sunflower--Mr. Mose Griffin
Box 385
Sunflower, Miss.

Hollandale--Mr. P. D. Sherood
800 Hoover St
Hollandale, Miss.

Tallahatchie Co--Mrs. Marth A. Brown
Rt. 2, Box 124
Charleston, Miss.

Indianola--Mrs. Ellen Williams
Box 30
Indianola, Miss.

Tribbett--Isaac Foster
Rt. 2, Box 17
Leland, Miss.

Marks--Rev. L. C. Coleman
511 Cotton St.
Marks, Miss.

TENNESSEE FLU--Mr. Wm. Springfield
PO Box 277
Sommerville, Tenn.

McComb--Ossie Lee Barr
610 Summit St.
McComb, Miss.