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

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dried fruit drinks (Tang, etc.)

brown or raw sugar, white sugar

jello

corn meal

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

honey

dry yeast

wheat germ

dried eggs

cheese

margarine (low cholesterol—saflower, corn oil)

dried beans, lentils, peas

dried soup—packages are better than cubes

canned meat

FIRST AID KITS
Mississippi Freedom Labor Union Contact List

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