

DOERS DOING IN THE COMMUNITY

Latinos in Virginia Empowerment Center Food Needs

- Latinos in Virginia Empowerment Center is a non-profit agency located in Richmond that seeks to provide state-wide support and assistance to Spanish-speaking individuals. Its mission is to provide education, advocacy, support and emergency assistance to those in need, ensuring that language is not a barrier to accessing services that empower individuals to become happy, healthy, and self-sufficient.

One of its greatest needs and especially during these months of the pandemic is that of culturally appropriate and nutritious food. Our “DOERS in the Community” ministry team is sponsoring a food collection for Latinos in our community and invites you to join them. Please review the list of food that is most needed, and if you can contribute, any time up to February 19, there are several ways:

- ❖ You may take your food contribution directly to LIVE Center by calling or e-mailing to set up a drop-off appointment Monday-Friday, 9am-5:00pm. hola@LatinosenVirginia.org/658-3341
- ❖ You may call lay leaders, Judy Philpott (philpott3@yahoo.com/804-833-6464) or Yvonne Gibney (yvonnegibney@gmail.com/804-306-0394) and arrange a drop-off at their homes or a pick-up from yours.

Perhaps parents and children can make this a family ministry and children can help select specialty foods for Latino children and their families. Or some may like to invite friends to join together in putting together a food basket. Thank you for being creative, for being generous, and for being a DOER!

Suggested Hispanic food items with clear directions in Spanish can be found in mainstream grocery stores in the Hispanic food sections: Canned beans, vegetables, rice, noodles, quinoa, canned/powdered milk, flour, seasonings, and oil. Specific products include:

Fiesta Baked Bean-Original 16oz 3
Kidney Beans in Sauce 15oz
Pinto Beans in Sauce 15 oz.
Refried Black Beans 16oz
Fiesta Baked Bean-Vegetarian 16oz
Pedrina Lentils 16oz
Green Split Peas 1lb
MAs Arica 4 lb.
Corn Oil 24oz
Reduced Sodium Manzanilla Olives Stuffed with Jalapeño 6.75 oz.
Reduced Sodium Manzanilla Olives Stuffed with Minced Pimientos 6.75 oz.
Queen Spanish Olives Stuffed with Minced Pimientos 9oz
French Style Green Beans 15oz
Green Lima Beans 15 oz.
Mixed Vegetables 15oz

Peas and Carrots Can 15oz

Sliced Carrots 14.5 oz.

Sliced Mushrooms 4 oz.

Cut Green Beans 14.5 oz.

Tender Sweet Peas 15 oz.

Evaporated Milk 12 oz.

Golden Corn 15.25 oz.

White Hominy 15 oz.

Spaghetti 16 oz.

Tomato Paste 6 oz.

Crushed Tomatoes 28 oz.

Instant Mexican Rice 6 oz.

Instant Yellow Rice - Spanish Style 6 oz.

Medium Grain Rice 1b.

Yellow Rice and Red Beans 7 oz.

Quinoa Blend Black Beans, Bell Peppers and Spices 6 oz.

Palmeritas Cookies 5.82 oz.

Masarepa Yellow Cornmeal 24 oz.

Yucca 14 oz.

Whole Palmitos 14.1 oz.

Nopalitos-Tender Cactus 30 oz.

GALLETAS MARIA SIN AZUCAR 7 OZ