

COMMUNITY CUPBOARD

JOIN HANDS
NOURISH YOUNG BODIES

NURTURE
YOUNG MINDS

OPEN YOUR HEART
MAKE A DIFFERENCE



Of 838,772 households in Miami-Dade, 29 percent are ALICE households – Asset Limited, Income Constrained, Employed – that earn more than the Federal Poverty Level but can barely cover the basics, including housing, transportation, child care, health care and food.

In 2011, United Way Center for Excellence in Early Education launched the Community Cupboard to help families that do not receive regular food assistance by providing them with, on average, 28 lbs. of food monthly. In our continuing efforts to collectively build a strong, viable community, we launched our second Community Cupboard at a local Early Head Start Center in 2015.

We rely solely on donations from generous individuals and groups in our community to stock our cupboards with healthy and nutritious staples. Good nutrition is key in early education and we hope we can count on you to help our children get the best possible start in school and in life by supporting our United Way Community Cupboard.

LIVE UNITED™



Community Cupboard shopping list

Fruits/Vegetables*	Grains*	Proteins*
<p>Applesauce Dried fruit Instant mashed potatoes Jelly/jam Pasta sauce Shelf-stable fruit cups 100% fruit/vegetable juice</p>	<p>Cereal Crackers Dry pasta/noodles Granola/snack bars Oatmeal/oats Rice/rice mixes Pancake/waffle mix</p>	<p>Chicken, tuna Dried beans Soups, chili, stews, broths Nuts/peanut butter</p> <hr/> <p>Hygiene</p> <p>Bandages Bath/dish soap Toilet paper</p> <p><small>*Must be non-perishable canned/boxed/low sugar</small></p>



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