

Lenten Collection for our Migrant Neighbors

February 14 - April 1, 2018

Catholic Charities of Southwestern Ohio suggests the below items for our migrant sisters and brothers they serve.

Consider donating a few items during Lent!

Food Needed	Migrant communities residing in the Greater Cincinnati area that would appreciate that particular food
white rice	Bhutan, Syria, Afghanistan, Iraq, DRC, Eritrea, Somalia, Central African Republic, Hispanic culture
vegetable oil	Bhutan, Syria, Afghanistan, Iraq, DRC, Eritrea, Somalia, Central African Republic, Hispanic Culture
olive oil	Syria, Afghanistan, Iraq
multipurpose flour and cornmeal	Bhutan, Syria, Afghanistan, Iraq, DRC, Eritrea, Somalia, Central African Republic
cassava flour	DRC, Central African Republic
salt and black pepper	Bhutan, Syria, Afghanistan, Iraq, DRC, Eritrea, Somalia, Central African Republic, Hispanic culture
sugar	Bhutan, Syria, Afghanistan, Iraq, DRC, Eritrea, Somalia, Central African Republic, Hispanic culture
tea bags	Bhutan, Syria, Afghanistan, Iraq, DRC, Eritrea, Somalia, Central African Republic
canned diced tomatoes	Syria, Iraq
canned tomato paste	Syria, Iraq
dried pasta	Syria, Iraq, Hispanic culture
dried red kidney beans	Bhutan, Syria
dried or canned garbanzo beans/ chickpeas	Syria, Iraq
dried yellow split peas	Bhutan
dried lentils - brown, green or red	Syria, Iraq

Food Needed	Migrant communities residing in the Greater Cincinnati area that would appreciate that particular food
red and black beans	Hispanic Culture
Maseca	Hispanic Culture
Nescafe	Hispanic Culture
hoja de maiz – for tamales	Hispanic Culture
canned tuna	Hispanic Culture
evaporated milk	Hispanic Culture
canned corn	Hispanic Culture
cereal and oatmeal	Hispanic Culture
canned peas and canned carrots	Hispanic Culture
ketchup and mayonnaise	Hispanic Culture
Maruchan ramen noodles	Hispanic Culture
Cubitos de Magi (bouillon cubes)	Hispanic Culture
Sazon seasoning packets	Hispanic Culture

All of our migrant sisters and brothers would also appreciate the below items
laundry detergent
toothpaste
toothbrush
toilet paper
soap
shampoo
deodorant

**Thank you
for your
generosity!**



Sisters of Charity

of Cincinnati

*Office of Peace, Justice
and Care for Creation*

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Sisters of Charity of Cincinnati

5900 Delhi Road | 45051 | Motherhouse | Room 220



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