

ALBUQUERQUE GRASS ROOTS PROJECT

Community Cupboard

Hello - we are Karen and Melissa, residents of downtown Albuquerque.

We've installed this **Community Cupboard** on the southside of Coal Ave between 7th and 8th Streets with the goal of providing those in need with daily essentials, simply and anonymously.

The concept is similar to the free library boxes you see around town, only this box swaps food and personal care items.

Would you like to contribute?

Take a look at the list of items we anticipate will be in highest demand. **If you can donate, great!** Simply drop your donations in the box. We will regularly monitor it and organize items as needed.

Personal Care Items - examples

- Toothbrushes
- Toothpaste
- Dental Floss
- Hand Sanitizer
- Wet wipes
- Underwear (new, men and women's)
- Socks (new)
- Feminine products
- Hair combs/brushes

This probably goes without saying, but please, NO:

- Weapons (knives, etc)
- Explosives
- Items with intrinsic resale value
- Cigarettes, alcohol, drugs



Food Items - examples

- Canned Goods - soup, vegetables, beans, etc
- Peanut Butter
- Nuts
- Crackers
- Apples, Oranges, Bananas
- Protein and/or breakfast bars
- Ready Meals (mac n' cheese, etc)
- Dried fruit (packaged)
- Fresh Eggs
- Potatoes, other root vegetables

Thank you for donating to the
Community Cupboard!

abqcupboard.info