



The Arc of South Carolina MLK Day of Service: PB&J Project

About Us

The Arc of South Carolina is a statewide nonprofit organization that promotes and protects the human rights of people with intellectual and developmental disabilities (IDD). We actively support their full inclusion and participation in the community throughout their lifetimes.

For more than 70 years, The Arc network has led the disability rights movement across the United States. The Arc of South Carolina continues that legacy by working alongside individuals with IDD, their families, and community partners to create opportunities for inclusion, advocacy, and independence. Learn more at www.arcsc.org.

Honoring Dr. King Through Service

Each year, The Arc of South Carolina celebrates MLK Day as a day on, not a day off, bringing together community members, students, and volunteers to serve others. Our PB&J Service Project began as a fun, hands-on way to honor Dr. King's legacy — making peanut butter and jelly sandwiches for people experiencing food insecurity throughout the Midlands. The event celebrates teamwork, compassion, and inclusion, showing that everyone can make a difference.

In 2025, volunteers created more than 2,200 sandwiches that were distributed to local organizations including Transitions Homeless Shelter, the SC 153 Project, Oliver Gospel Mission, and Christ Central Columbia. Each sandwich represents a small act of love that adds up to a big community impact.

♥ Who We Serve

The Arc of South Carolina supports individuals with intellectual and developmental disabilities and their families across the state.

Our programs, training, and advocacy efforts help people with IDD of all ages — from early childhood through adulthood — access education, employment, community living, and full participation in society.

We also collaborate with schools, businesses, and community partners to promote inclusion and awareness, ensuring that every person, regardless of ability, has the chance to thrive.

How You Can Help

Partnering with The Arc of South Carolina for the PB&J Service Project is a simple yet powerful way to:

- Engage in hands-on community service
- Teach empathy, teamwork, and inclusion
- Support local food assistance organizations
- Honor Dr. King's call to service

Your PB&J food drive plays a crucial role in helping us prepare thousands of sandwiches for neighbors in need.

Every jar of peanut butter, jam, or loaf of bread collected helps spread kindness a little further throughout our community

Learn More

Website: www.arcsc.org/mlk

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♥ Join the Movement ♥

Your bread drive helps feed local families while teaching students about service, empathy, and inclusion.

“Together, we’re spreading kindness — one sandwich at a time.”