

# Valentines FOR FOOD

February 1-February 14, 2018

## Heart-Healthy Foods Shopping List:

*All cans 12-16 oz.  
No glass containers, please!  
Please check expiration dates.*

Canned proteins (tuna,  
salmon, chicken, chili)

Cereal, hot or cold

Canned fruits (*low-fructose*)

Canned vegetables (*low-sodium*)

Rice

Peanut butter

Honey

Dried beans (1-lb. bags)

Shelf-stable milk (Parmalat)

Herbs and spices

Olive oil and canola oil

Help fill the pantry shelves at Arm In Arm with nutritious food for our neighbors in need. Here's how:

♥ **Donate** healthy, non-perishable food at your school, congregation, or workplace or organize a drive.

♥ **Volunteer** at our Valentines for Food table at McCaffrey's Market. Sign up for a shift at [signup.com/go/XfnCrRF](http://signup.com/go/XfnCrRF)

♥ **Purchase** a \$4.99 Valentine for Food from February 1<sup>st</sup>-14<sup>th</sup> at McCaffrey's and feed a household for a full day. *McCaffrey's will generously match all purchases.*

♥ **Send** Virtual Valentines through [www.arminarm.org/donate](http://www.arminarm.org/donate)

♥ **Make** a contribution online at [arminarm.org/donate](http://arminarm.org/donate) or by check: Arm In Arm, with Valentines for Food written in the memo line, 123 E. Hanover St., Trenton, NJ 08608

**For questions, or to schedule a food donation pick-up, please contact Becca Jensen Compton [beccaj@arminarm.org](mailto:beccaj@arminarm.org) | 609.396.9355 ext. 35.**

Arm In Arm partners with our community to achieve stability for our neighbors in need. **Valentines for Food** is one way we do that. Each month people from more than 1,400 households come to Arm In Arm for help with food and with emergency assistance to help them stay in their homes.

Learn more at [www.arminarm.org](http://www.arminarm.org)

**ArmInArm**  
better together 