

Valentines FOR FOOD

February 1-February 14, 2019

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*)

Canned beans

Rice

Peanut butter

Honey

Shelf-stable milk (Parmalat)

Herbs and spices

Olive oil and canola oil

Maseca corn flour

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 Nassau Presbyterian Church or Weichert Realtors in Princeton.
- ♥ **Volunteer** at one of our three food pantries. Sign up for a shift at www.arminarm.org/volunteer-sign-up
- ♥ **Purchase** a \$4.99 Valentine for Food from February 1st-14th 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
- ♥ **Make** a contribution online at 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 Calder Burgam
calderb@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

ArmInArm
better together 