

# How to Help During the Government Shutdown

Federal workers are missing paychecks. Food stamp benefits may run out in February. Your neighbors need your help.

## Donate.

Go to [ArmlnArm.org/donate](https://ArmlnArm.org/donate) and contribute what you can to help those in need of emergency housing and utility assistance.

## Organize a food drive.

Share our healthy foods list with your network, set a drop-off point, and schedule a pick-up.

## Sponsor a mobile pantry.

Contact us about bringing our food pantry to your place of worship, school, or business.

## Share.

Tell your friends, family, coworkers and classmates how they can help too.

### Healthy Foods Shopping List:

*All cans 12-16 oz.*

*No glass containers, please!*

Canned proteins (tuna, salmon, chicken, chili)

Cereal, hot or cold

Canned fruits (*low-fructose*)

Canned vegetables (*low-sodium*)

Canned Soup

Canned beans

Rice

Peanut butter

Honey

Shelf-stable milk (Parmalat)

Herbs and spices

Olive oil and canola oil

Maseca corn flour

For questions, or to schedule a food donation pick-up, please contact Calder Burgam [calderb@arminarm.org](mailto:calderb@arminarm.org) | 609.396.9355 ext. 35.

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

