

Valentines FOR FOOD

January 31-February 14, 2020

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 any Arm In Arm location or host a drive of your own and schedule a pick-up.
- ♥ **Volunteer** for a weekend food drive at a local grocery store. Sign up for a shift at www.arminarm.org/volunteer-sign-up.
- ♥ **Purchase** a \$4.99 Valentine for Food from January 31- February 14 at McCaffrey's and feed a household for a full day. *McCaffrey's will generously match all purchases.*
- ♥ **Contribute** online or by mail to support Arm In Arm's food pantry budget. Online: arminarm.org/donate
- ♥ **Share** the love. Post about Valentines for Food on social media. Tag Arm In Arm on Facebook and Twitter at [/ArminArmNJ](https://www.facebook.com/ArminArmNJ) and on Instagram at [/arminarmbettertogether](https://www.instagram.com/arminarmbettertogether).

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 