

Help the Hungry in Mercer County Feed Their Families

SUPPORT ARM IN ARM'S 18TH ANNUAL VALENTINES FOR FOOD DRIVE

Did you know that in a single year Arm In Arm provides enough food for its clients to prepare **approximately one million meals** for themselves and their families? When you support Valentines for Food, you support Arm In Arm's effective response to food insecurity in our area:

Our Princeton Food Pantry:

- In FY21 Arm In Arm's Princeton pantry provided groceries to families through more than 8,900 pantry visits and deliveries, **this is double the prior year, and four times our pre-pandemic number.**
- Arm In Arm's Princeton Pantry serves approximately **300-400 families on a regular basis.** These are local families and seniors, many of whom are served bi-monthly through home deliveries made by volunteers to communities on: Clay Street; Witherspoon Street; Redding Circle; and Spruce Circle.
- We are providing families with fresher, healthier food and have made a commitment to providing families with fresh produce on a regular basis. **Our food budget has tripled since before the onset of the pandemic.**
- We provide **nutrition education** to community members and have conducted virtual zoom classes in both English and Spanish.

Our Agency:

- Arm In Arm operates **3 food pantries** in Mercer County:
 - Nassau Presbyterian Church in Princeton
 - 123 East Hanover Street in Trenton
 - 48 Hudson Street in Trenton
- The pandemic has exacerbated the need and in 2021, over the course of **45,140 visits** to Arm In Arm's three food pantries, and through mobile deliveries and grab n go events in the community, people had access to healthy, high quality food for themselves and their families. **This is DOUBLE our pre-pandemic level.**
 - People are coming more often: it is expensive to live in our area and the food we provide helps to ease the burden, freeing up resources to cover rent, medical bills, car repairs, or even shoes for their children.

- **Donations of In-Kind Food From Food Drives are Critical:**
Every grocery order includes approximately \$15-\$20 of food that Arm In Arm purchases. **This food is supplemented with \$30-\$40 of food that is donated by the local food bank, and by communities like Nassau Presbyterian Church, Trinity Church and Princeton Public Schools, who conduct food drives and donate much-needed non-perishables.** This means the value of a grocery order for a family is approximately \$35-\$50 and provides 3 days worth of food.
 - While some area food pantries occasionally must turn hungry people away, **Arm In Arm has NEVER seen its shelves go empty, thanks to the generosity of its supporters.**
 - Approximately **a third of people** who receive food through Arm In Arm **are under age 18.**
 - About **one fifth** of Arm In Arm's food clients **are aged 60 and above.**
 - Many older clients live in community housing in Princeton and Trenton and receive food on a regular basis through Arm In Arm's volunteer delivery service.
 - **Arm In Arm provides fresh, local produce** for its customers, much of it donated by: farmers and farmers' markets and supporters of Yes We CAN! Food Drives; community, school, and church gardens; Whole Foods Market; Farmers Against Hunger; and our own community vegetable garden right in downtown Trenton!
 - **Arm In Arm's volunteer-tended vegetable garden produced nearly 900 pounds of fresh produce this past summer.**
 - **Arm In Arm hosts free health screenings** at its downtown Trenton location. Clients receive groceries, while receiving COVID 19 vaccinations and blood pressure screenings. learning about and receiving screenings for hypertension; diabetes; glucose levels; and heart health.
 - **Arm In Arm supports the Robbins Elementary School in Trenton through the Princeton Area Community Foundation's All Kids Thrive Program**, which seeks to improve educational performance by reducing chronic absenteeism. The food and case management support we provide results in improved family stability and thus far, has led to increased attendance.
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