

ArminArm

better together **40+** years

Help fill the pantry shelves at
Arm In Arm for our neighbors in need.

Valentines
FOR FOOD
2022

donate 

Drop off healthy, non-perishable food at one of Arm In Arm's
three food pantries, or host a drive and arrange for a pick-up

or

Contribute to Arm In Arm's Give Healthy virtual food drive
<https://amplify.amyourgood.com/user/campaigns/3983>

Make a monetary donation to support Arm In Arm's food budget
<https://arminarm.org/valentines/>

Every \$100 raised provides **3 days** worth of groceries for **6 families!**



FOOD DONATION LIST

12-16oz cans, no glass containers, please!
Remember to check expiration dates.

MASECA CORN FLOUR

CEREAL

CANNED VEGETABLES

SEASONINGS

RICE

SHELF STABLE MILK

CANNED PROTEINS

CANNED FRUITS

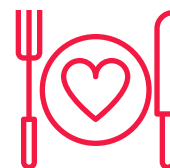
CANNED BEANS

HONEY

PEANUT BUTTER

VEGETABLE/CORN OIL

volunteer at a pantry



To volunteer in Trenton, contact Shariq at shariqm@arminarm.org | 609-396-9355,x21

To volunteer in Princeton, contact Cecilia at ceciliaa@arminarm.org | 609-921-2135



To schedule a food donation pickup, contact Niyati.programs@arminarm.org | 609-285-3919

www.arminarm.org/valentines/