

# Valentines FOR FOOD

Please Help Fill Arm In Arm's Mobile Pantry Truck and Pantry Shelves with LOVE by Supporting our 19th Annual Valentine's for Food Drive and Help Us Provide Nutritious Food for Neighbors in Need

## Food Donation List

All cans 12-16 oz. No glass containers, please!  
Please remember to check the expiration dates.

MASECA FLOUR  
CANNED VEGETABLES  
RICE  
CANNED PROTEINS  
CANNED BEANS  
PEANUT BUTTER

CEREAL  
SEASONINGS  
SHELF STABLE MILK  
HONEY  
CANNED FRUITS  
VEGETABLE/CORN OIL



**CONTRIBUTE TO OUR GIVE HEALTHY FOOD DRIVE**

<https://amplify.ampyourgood.com/user/campaigns/3983>



**FOR MORE INFORMATION OR TO  
MAKE A DONATION, VISIT:**

[www.arminarm.org/valentines/](http://www.arminarm.org/valentines/)

**Volunteers are always welcome!**

To volunteer or schedule a pick-up, contact  
[shariqm@arminarm.org](mailto:shariqm@arminarm.org). Questions? Call 609-396-9355, x21