



**Help the Hungry in Mercer  
County Feed Their Families**

**SUPPORT ARM IN ARM'S**

**22nd ANNUAL**

**VALENTINES FOR FOOD DRIVE**

### **Did you know?**

- In the last five years Arm In Arm has seen a **115% increase** in families coming to us for food assistance
- In 2025 we served families through more than **50,000** visits to our pantries, and have seen an **18% increase** in people coming to us for food assistance this year!

### **Will you help?**

## **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**



**Make a Monetary Donation to Help Us Fill Our  
Pantry Shelves and Mobile Pantry Truck**

**FOR MORE INFORMATION VISIT**

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

**ArminArm**

better together

**40+ years**

**Volunteers are always welcome!**

To volunteer, contact: [volunteer@arminarm.org](mailto:volunteer@arminarm.org) ~ 609-396-9355, x21

To schedule a pick-up, contact: [ceciliaa@arminarm.org](mailto:ceciliaa@arminarm.org)



**We are also collecting  
new and gently used  
reusable grocery  
bags.**