



**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/



Volunteers are always welcome!

To volunteer, contact: volunteer@arminarm.org ~ 609-396-9355, x21
To schedule a pick-up, contact: ceciliaa@arminarm.org



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