

# Valentines FOR FOOD

February 1-February 14, 2019

## Healthy Foods Shopping List:

*All cans 12-16 oz.*

*No glass containers, please!*

Canned proteins (tuna, salmon, chicken, chili)

Cereal, hot or cold

Canned fruits (*low-fructose*)

Canned vegetables (*low-sodium*)

Rice

Peanut butter

Honey

Dried beans (1-lb. bags)

Shelf-stable milk (Parmalat)

Herbs and spices

Olive oil and canola oil

Maseca corn flour

Help fill the pantry shelves at Arm In Arm with nutritious food for our neighbors in need. Here's how:

- ♥ Donate healthy, non-perishable food at your congregation.
- ♥ Volunteer at one of our three pantries or at a weekend food drive. Sign up at [www.arminarm.org/volunteer-sign-up](http://www.arminarm.org/volunteer-sign-up).
- ♥ Purchase a \$4.99 Valentine for Food from February 1<sup>st</sup>–14<sup>th</sup> at McCaffrey's and feed a household for a full day. *McCaffrey's will generously match all purchases.*
- ♥ Send Virtual Valentines through [www.arminarm.org/donate](http://www.arminarm.org/donate).
- ♥ Make a contribution. Look for special envelopes in your pew. Or give online: [arminarm.org/donate](http://arminarm.org/donate); or by check: Arm In Arm, with Valentines for Food written in the memo line, 123 E. Hanover St., Trenton, NJ 08608

**For questions, or to schedule a food donation pick-up, please contact Calder Burgam [calderb@arminarm.org](mailto:calderb@arminarm.org) | 609.396.9355 ext. 35.**

Arm In Arm partners with our community to achieve stability for our neighbors in need. Valentines for Food is one way we do that. Each month people from more than 1,400 households come to Arm In Arm for help with food and with emergency assistance to help them stay in their homes.

Learn more at [www.arminarm.org](http://www.arminarm.org)

**ArmInArm**  
better together 