


FEBRUARY 2021

**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 to our pantry

 **PARTICIPATE** in our Valentines for Food virtual food drive. Visit <https://amplify.ampyourgood.com/user/campaigns/3646>

 **VOLUNTEER** at one of our food pantries during the week.

To volunteer in Princeton, contact ceciliaa@arminarm.org.

To volunteer in Trenton, contact shariqm@arminarm.org.

 **CONTRIBUTE** online or by mail to support Arm In Arm's food pantry budget.

Visit arminarm.org/valentines
Thanks to generous donors, a portion of Nassau Pres donations will be matched, potentially doubling your gift!

 **SHARE** the love!
Post about Valentines for Food on social media.

Tag Arm In Arm on Facebook and Twitter @ ArmInArmNJ and on Instagram @arminarmbettertogether

Join Arm In Arm for the 17th annual

Valentines For Food

Healthy Foods Shopping List

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

Canned Proteins (tuna, salmon, chicken, chili)

Cereal

Canned Fruits

Canned Vegetables (low-fructose)

Canned Beans (low-sodium)

Seasonings

Honey

Rice

Peanut Butter

Shelf-Stable Milk (Parmalat)

Vegetable/Canola Oil

Maseca Corn Flour

One way Arm In Arm partners with our community to achieve stability for our neighbors in need is through Valentines for Food.

Each month, people from more than 1,400 households come to our pantries for help with food and emergency assistance to help them stay in their homes.

For more information, please contact Alexandra Parado at programs@arminarm.org or 609-508-0682.