



Help the Hungry in Mercer County Feed Their Families

**SUPPORT ARM IN ARM'S 18TH ANNUAL
VALENTINES FOR FOOD DRIVE**

Did you know that in a single year Arm In Arm provides enough food for its clients to prepare **approximately one million meals** for themselves and their families? When you support Valentines for Food, you support Arm In Arm's effective response to food insecurity in our area.

DONATE TO OUR FOOD PANTRY AT NASSAU

Food Donation List:

12-16oz cans, no glass containers, please! Remember to check expiration dates.

MASECA
CANNED VEGETABLES
RICE
CANNED PROTEINS
CANNED BEANS
PEANUT BUTTER

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

OR

CONTRIBUTE TO OUR GIVE HEALTHY FOOD DRIVE

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

FOR MORE INFORMATION, VISIT:

www.arminarm.org/valentines/

<http://nassauchurch.org/2022-01-30-vff/>