



## Help the Hungry in Mercer County Feed Their Families

### SUPPORT ARM IN ARM'S 19TH 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 FLOUR**  
**CANNED VEGETABLES**  
**RICE**  
**CANNED PROTEINS**  
**CANNED BEANS**  
**PEANUT BUTTER**

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



**Contribute To Our Give Healthy Food Drive**  
<https://amplify.ampyourgood.com/user/campaigns/3983>

Now you can **DOUBLE** your support of Arm in Arm! Financial contributions received by February 24 will be **MATCHED** by a faithful group of Nassau Church donors.



**FOR MORE INFORMATION, VISIT:**

<https://nassauchurch.org/2023/01/vff-2023/>  
or  
[www.arminarm.org/valentines/](http://www.arminarm.org/valentines/)