



**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**

**Now you can DOUBLE your support of Arm in Arm! Financial contributions received
by February 28th will be MATCHED by a faithful group of Nassau Church donors.**

**FOR MORE INFORMATION OR TO MAKE A
DONATION, VISIT:**

<https://nassauchurch.org/arm-in-arm-vff/>



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

