***Arlington Food Assistance Center*** *(AFAC)*needs your help to collect 100,000 pounds
of **Heart Healthy** foods this month!

Help “YOUR ORGANIZATION” feed our
Arlington neighbors in need.

Bring in your food donations to
“LOCATIONS” until “END DATE”.



* + The items we need most are
	low in sodium and high in fiber:
	+ Low sodium canned Soups
	+ Low sodium canned Tuna
	+ Low sodium canned Beans
	+ Low sodium canned Tomato
	*(diced, tomato, and sauce)*
	+ Low sodium peanut butter
	*(in plastic jars)*
	+ High fiber sugar cereal

*\*No Glass Please!*

Thank you so much for your support! Learn more at **www.afac.org**
Text to give! Send message: <AFAC> <donation amount> <your name> to 41444