***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