## The Arlington Food Assistance Center (AFAC) provides 2,200 Arlington families and individuals dignified access to nutritious, supplemental groceries — free of charge.

## The best food donations are healthy (low-fat, low-sugar, low-sodium), but also meet the needs of the multicultural communities — Bolivians, Ethiopians, Russians, and more — that come to AFAC for supplemental groceries.



* + THE ITEMS WE NEED MOST ARE:
* *\*Low sodium & low sugar preferred.*
* *\*No glass please!*
  + Canned Tomato   
    *(diced, tomato, and sauce)*
  + Canned Soups
  + Canned Fruit
  + Peanut Butter *(in plastic jars)*
  + Pasta
  + Low Sugar Cereal

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