***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:

*\*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