## The **Arlington Food Assistance Center (AFAC)** provides 2,300 Arlington families and individuals with dignified access to nutritious, supplemental groceries, free of charge.

## The best food donations are healthy (low-fat, low-sugar, low-sodium) and meet the needs of the multicultural communities served by AFAC.



* + The foods needed most are:
* *\*Low sodium & low sugar preferred.*
* *\*No glass please!*
	+ Canned Tuna
	+ Canned Soups
	+ Canned Vegetables
	+ Peanut Butter *(in plastic jars)*
	+ Low Sugar Cereal

Thank you so much for your support!
Learn more at **www.afac.org**