The ***Arlington Food Assistance Center***   
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  
**“LOCATION”** until **“END DATE.”**



Look for labels that say:  
low sodium, no salt added,   
no sugar added, or unsweetened.

* + Canned Tuna
  + Canned Soups
  + Canned Vegetables
  + Peanut Butter *(in plastic jars)*
  + Low Sugar & High Fiber Cereal

*\*No glass*

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