## The **Arlington Food Assistance Center (AFAC)** provides 2,400 Arlington families and individuals with dignified access to nutritious, supplemental groceries, free of charge.

## Headed to the store to stock up? Please help AFAC support families during this critical time by donating canned and shelf-stable food items.

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

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