



The **Arlington Food Assistance Center (AFAC)** provides 2,400 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