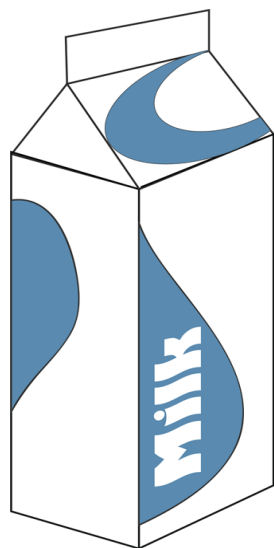


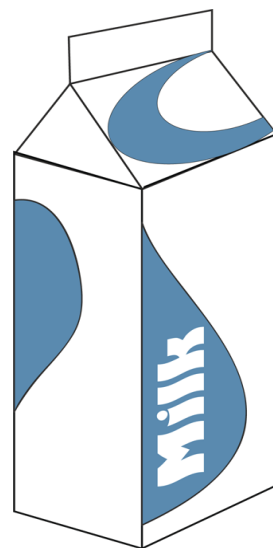
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- Conduct a food drive at school, church, or through another organization.
- Hold a bake sale and donate the proceeds to AFAC.
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- Ask for food instead of birthday or holiday presents.
- Teens can volunteer to help in our warehouse during the summer.



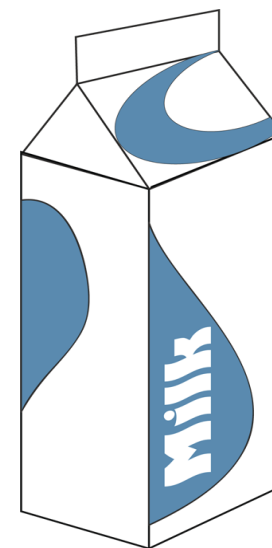
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AFAC distributes groceries to needy families in Arlington and provides the opportunity for all Arlingtonians, whatever their strengths, to help address the problem of hunger in our community.

We invite you to join us in this effort.

For more information, visit us on the web at www.afac.org.

**Christine Lucas
Executive Director
2708 S. Nelson Street
Arlington, VA 22206**

(703) 845-8486

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