

Help Stock UCM's Food Pantry!



UCM



FOOD DRIVE

MTAC
EST. 1972
**MOUNT VERNON
ATHLETIC CLUB**

Please be Generous – Thank You!

United Community Ministries (UCM) mobilizes the power of community to equip, educate, and empower people to measurably improve their lives.

Your support gives thousands of families and children a fighting chance to create a better life.



Every week day, an average 80-100 hungry families residing in southeast Fairfax County depend on groceries at UCM's client choice Food Pantry.

Most Needed Items

Canned Soups
Canned Fruits & Vegetables
Canned Beans
Canned Meats & Tuna

Pasta
Rice
Tomato Sauce
Mac & Cheese
Peanut Butter
Jelly

Baby Food
Diapers
Ziploc Bags
Raisins
Nutrition Bars
Energy Bars

Juice Boxes
Individual Serving Cereal
Pop-top Cans of Meat, Fruit, Apple Sauce
Low-sugar Cereal
Dry Milk

UCM appreciates heart-healthy food items, including low-salt canned goods, whole grain pastas, and low-sugar cereals. If you prefer, we welcome financial donations (designated "Food") at ucmagency.org, or checks can be made payable to UCM. Thank you!



**UNITED
COMMUNITY
MINISTRIES**

At the Heart of Community

ucmagency.org

☎ 703.768.7106 ☎ 703.768.4788
7511 Fordson Road, Alexandria, VA 22306

📘 [facebook.com/UCM.Alexandria](https://www.facebook.com/UCM.Alexandria) 🐦 @UCMAlex

United Way #8199 CFC #37839