ALIVE! is.....

- Food assistance for those who struggle to put food on the table
  - Monthly food distribution of up to 5 days of groceries
  - Home deliveries for elderly and disabled
  - Weekend food care bags for children
- High quality preschool for low-income working parents
- Financial assistance for rent, utilities, and medical care
- Furniture donations for families
- Household good donations
- Transitional housing program for women with children who are homeless, or at imminent risk of homelessness

ALIVE! is – Alexandrians helping their neighbors.....

---

ALIVE! Most Wanted Foods
(Shelf-stable foods only - Foods listed in priority order)

- Canned meat (beef stew, chicken, etc.)
- Canned fish (tuna, salmon)
- Peanut Butter
- Cereal *
- Pasta (spaghetti, macaroni, etc.)
- Rice
- “Kid-friendly” single-serve entrees ** (e.g. microwavable mac & cheese or soups, tuna & crackers)
- Canned fruit *
- Canned vegetables
- Spaghetti sauce *** / canned tomatoes (sauce, diced, etc.)
- Cooking oil (vegetable, canola, etc.)
- Canned soup *
- Canned beans
- Jam / Jelly ***

Notes:
* Healthy choices, such as low / no-sugar added cereals and fruits, and low-sodium soups & vegetables, preferred.
** For distribution via the ALIVE! Weekend Care Bag program to children in Alexandria schools.
*** Please avoid glass containers whenever possible.

---

1 in 5 Alexandrians struggle to put food on the table...