

# MYTH: There is no hunger in Arlington.



# FACT: Hunger IS a problem in Arlington.

The high cost of living here means many families simply cannot make ends meet.

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**The Arlington Food Assistance Center provides supplemental groceries to Arlington families who cannot afford to buy all the food they need.**

Over 700 families come to AFAC each week for groceries. That figure is 25% higher than one year ago. Hunger is now a growing, permanent concern in Arlington, and AFAC is an important part of the solution. Last year we distributed nearly 900,000 pounds of food directly to Arlington families.

Supplemental groceries from AFAC mean that families can remain in their homes, workers can stay on the job, children are ready to learn, and mothers and babies get the nutrition they need.

Please help us feed our neighbors in need. Donate now through our website, [www.afacinfo.org](http://www.afacinfo.org), look for our next mailing, or call Christine Lucas, AFAC Executive Director, at (703) 845-8486.

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***“Feeding Our Neighbors in Need”***