



**UNITED  
COMMUNITY  
MINISTRIES**

*At the Heart of Community*

[ucmagency.org](http://ucmagency.org)

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

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United Way #8199 CFC #37839

## UCM Food Pantry Most Needed Items

Each weekday, an average 80-100 families depend on supplemental groceries at UCM's Food Pantry. We appreciate donations of heart-healthy food items including low-sodium canned goods, whole grain pasta, and low-sugar cereals.

**Canned:**

Fruits  
Vegetables  
Beans  
Meats  
Tuna

**Pasta**

Rice  
Tomato Sauce  
Mac & Cheese  
Peanut Butter  
Boxed Dinners

**Dry Milk**

Baby Food  
Plastic Zip Bags  
Raisins, Nuts  
Cereal

**Spices and Condiments**

Small Boxes Juice, Cereal  
Pop-top Cans of Fruit, Meats, Tuna  
Apple Sauce  
Protein and Energy Bars  
Nutrition Bars

**Thank you for helping our neighbors in need!**

Food Pantry donations are accepted week days from 9am to 5:30pm at UCM Main Office at 7511 Fordson Rd., Alexandria VA 22306. For large collections and with advance notice, we can schedule our UCM Truck to pick up your donation. Call 703.768.7106 and ask for the Food Pantry Manager.



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