

HELP YOURSELF! PROGRAM



NEIGHBORS HELPING



Presented by United Food Bank, The “Help Yourself Program” offers households with limited resources the ability to stretch their food dollars a little further, by taking advantage of our food buying power.

Each week families or individuals can purchase pre-assembled food bags containing: 4 frozen meats, 5 packaged dry goods and 4 items of fresh produce & fruit.

We also include complementary bread and pastry, PLUS bonus items.

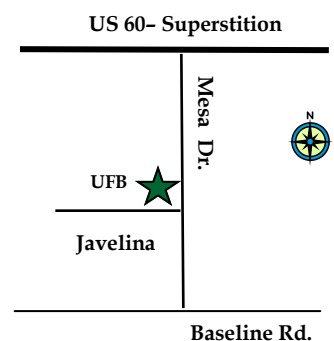
A **\$40** total value for only **\$16**, cash or food stamps ONLY.

NO qualifying, **NO** requirements!!

JOIN US...

***FRIDAYS— 8:00 AM TO 2:00 PM**
****(excluding holidays)***

The United Food Bank
358 E. Javelina Avenue
Mesa, AZ 85210



480.926.4897

www.unitedfoodbank.org