



A & M Moving Services  
www.AMMoving.net  
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## Did You Know?

1 in 7 children in Michigan go to bed hungry each night.

# DONATE YOUR FOOD WHEN YOU MOVE



Moving?  
Set aside your unopened, non-perishable food items



Our crew will pack up your food and deliver it to the local food pantry



From there, your donations will be sorted and delivered to local families in need.



## We Proudly Support Move For Hunger

### WHAT TO DONATE?

Pasta/Sauce, Baby Food/Formulas, Dry Beans, Flour, Cereal, Oatmeal, Juice, Rice, Peanut Butter & Jelly, Crackers, Cookies  
Canned: Vegetables, Fruits, Stews, Soups, Beans, Tuna, Meat

For More Information Visit : [www.MoveForHunger.org](http://www.MoveForHunger.org)