

SELF HELP AND RESOURCE EXCHANGE (SHARE)

CIVILIAN, MILITARY, ALL INCOME LEVELS

\$16.00 + 2 VOLUNTEER HOURS = DOUBLE YOUR MONEY IN FOOD

EACH PACKAGE CONTAINS: 16 – 18 ITEMS CONSISTING OF:

FRUIT 6-8 LBS OF MEAT VEGETABLES STAPLE FOODS
(PASTA, RICE, CEREAL, BEANS, ETC)

SIGN-UP: FIRST TWO WEEKS OF EACH MONTH

TIME: 10:00 AM – 3:00 PM MONDAY THRU THURSDAY

WHERE: USO
SOSA COMMUNITY CENTER
9800 BELVOIR ROAD
FORT BELVOIR, VA 22060

FOR ADDITIONAL INFORMATION PLEASE CALL
MRS. MARY JOE MANNARA
(703)805-2464

