



**free fresh
groceries**



We're on



Facebook!

shop for free groceries 1-3pm

**Tuesdays at Avondale Business Center
3635 Reading Rd.**

***Fridays at Urban League
3458 Reading Rd.**

***parking is located across the street**

***one limited mobility parking space on site**

closed on bank holidays

**Text "LMM" to 833-592-0669
for schedule updates**