



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**