

FEED HOPE

for the Holidays

- December 1:** Canned peaches
(low sugar)
- December 2:** Peanut butter
- December 3:** Jelly
(low sugar)
- December 4:** Canned chicken
- December 5:** Cereal
(low sugar)
- December 6:** Oatmeal
- December 7:** Canned green beans
(low sodium)
- December 8:** Brown rice
- December 9:** Black Beans
- December 10:** Canned pears
(low sugar)
- December 11:** Canned tuna
(low sodium)
- December 12:** Wholegrain pasta
- December 13:** Canned spaghetti sauce

- December 14:** Canned corn
(low sodium)
- December 15:** Canned mandarin oranges
(low sugar)
- December 16:** Peanut Butter
- December 17:** Canned chicken
- December 18:** Cereal
(low sugar)
- December 19:** Oatmeal
- December 20:** Canned green beans
(low sodium)
- December 21:** Wholegrain pasta
- December 22:** Brown rice
- December 23:** Canned pears
(low sugar)
- December 24:** Canned tuna
(low sodium)

Feel free to bring your donation to the Food Bank directly or call us to schedule a pick-up for large amounts. We are open 8 a.m. – 5 p.m. Monday – Thursday, and 8 a.m. – 4 p.m. on Fridays.

GEORGIA
MOUNTAIN
FOOD BANK

'til no one is hungry

www.gamountainfoodbank.org | 770.534.4111