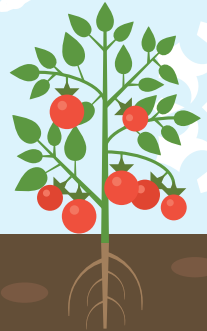
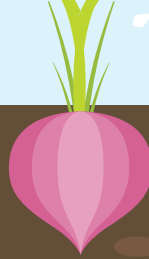
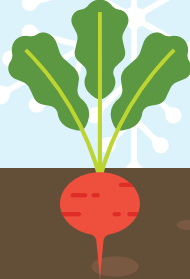
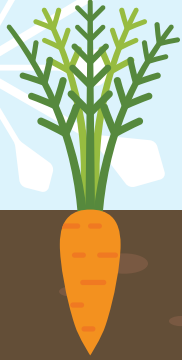


GROW THE LOVE

this holiday season



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