



# GROWING *the Love*

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- 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](http://www.gamountainfoodbank.org) | 770.534.4111