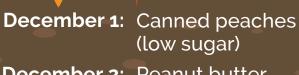
GROWING



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

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.

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)



'til no one is hungry

www.gamountainfoodbank.org | 770.534.4111