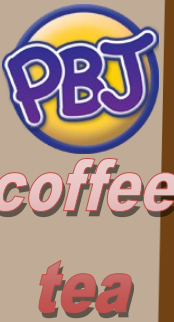


Take the Paper Bag Challenge!



Please help the New Milford Food Bank and local families by...

purchasing at least 5 items from the list below and returning them to our pantry.

1. Quinoa, Lentils, Barley, Brown Rice
2. Canned Soups (low sodium healthy) ...
Vegetable ,barley, lentil, beef or chicken
3. Strawberry or Raspberry Jam (low sugar)
4. Canned Fruit Packed in Water/Own Juices (low sugar)... Peaches, Pears, Oranges, Pineapple
5. Low Sugar Jelly/Jam... Strawberry,
Raspberry, or Blueberry
6. Natural Crunchy Peanut, Almond, Sun Butter
7. Canned Tuna, Salmon, Chicken
8. Canned Beans (low sodium)-Black,Red,White...
9. Healthy Lunchbox Snacks ...goldfish,
graham crackers, granola bars, raisins....)
10. Coffee/ Tea / Baking Products (sugar, flour, oil...) or Condiments

Thank you!