

# Take the Paper Bag Challenge!

**Please help local families &  
the New Milford Food Bank...**



**Go to your local grocery store & buy  
at least 5 of these items & place in this bag.  
(low sodium or low sugar, if available, please)**

- 1. Brown Rice or Quinoa**
- 2. Strawberry or Raspberry Jelly/Jam**
- 3. Canned SOUPS: vegetable, barley, lentil,  
chicken /beef. (no tomato or cream mushroom, please)**
- 4. Jar of crunchy peanut butter**
- 5. Coffee**
- 6. Jar of tomato sauce**
- 7. Canned FRUIT: peaches, pears, oranges, etc.**
- 8. Kid Snack packs (goldfish, raisins, fruit cups,  
graham crackers, granola bars, etc.)**
- 9. Baking products (sugar, flour, oil, cake,  
muffin, or brownie mixes)**
- 10. Condiments: Ketchup, Mayo, Mustard...**

Please return filled bag to \_\_\_\_\_

by \_\_\_\_\_

(date)

*Thank you!*