

Take the Paper Bag Challenge!



Please help the New Milford Food Bank and local families by...
purchasing at least 5 items from the list

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|-----------------------|-----------------------------|---|
| Quinoa | <u>(low sodium/healthy)</u> | <u>Healthy Kids</u> |
| Lentils | <u>SOUPS :</u> | <u>Snacks:</u> |
| Barley | Vegetable | Goldfish |
| Beans | Beef | Graham Crackers |
| Brown Rice | Minestrone | Granola Bars |
| Canned Tuna | Lentil | Indiv. Fruit Cups |
| Canned Salmon | Chowder | Pretzels |
| Canned Chicken | <u>CONDIMENTS:</u> | <u>(Water packed/Low Sugar) Canned Fruit:</u> |
| Strawberry | Ketchup | Mandarins |
| (low sugar) Jam/Jelly | Mayo | Pineapple |
| Raspberry | Veg. Oil | Peaches |
| (low sugar) Jam/Jelly | Olive Oil | Applesauce |
| Sun Butter | Sugar | Mixed Fruit |
| Almond Butter | Flour | |
| Crunch P. Butter | Pasta SHELLS | JUICE (low sugar) |
| Coffee/ Tea | Pasta BOWTIES | Shelf Milk |
| | Pasta Elbows | |

Thank you!