JOIN US IN THE SCHOOL COMMUNITY

CHALLENGE! **OCTOBER 17-28**

Each year, Georgia Mountain Food Bank challenges the schools within their service area to a community food drive challenge to help stock the shelves before winter arrives, so we can get food to more people who need it most. Will you join us this year in allowing your students to participate?

IT'S EASY TO DO:

- Collect shelf stable items
- · GMFB will pick up collected food
- Once all food is collected, whichever school collects the most food will be declared the winner

GEORGIA





HEALTHY FOOD DONATION ITEMS:

Fruits & Vegetables

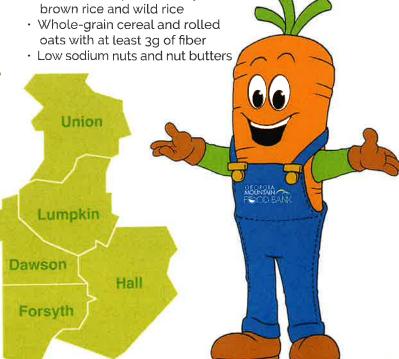
- · Low-sodium or water packed canned vegetables
- · Canned fruits in 100% juice or lite syrup
- · Dried fruits and vegetables

Proteins

- Low-sodium or water packed canned meats and seafood
- · Dried beans, peas and lentils
- · Low-sodium canned beans and peas

100% Whole Grains

· Whole wheat pasta, barley. brown rice and wild rice



www.gamountainfoodbank.org | 770-534-4111