

JOIN US IN THE SCHOOL COMMUNITY

FOOD DRIVE 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**

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
- Whole-grain cereal and rolled oats with at least 3g of fiber
- Low sodium nuts and nut butters



GEORGIA
MOUNTAIN
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"No one is hungry"

Partner Distribution Organization of The Atlanta Community Food Bank

www.gamountainfoodbank.org | 770-534-4111