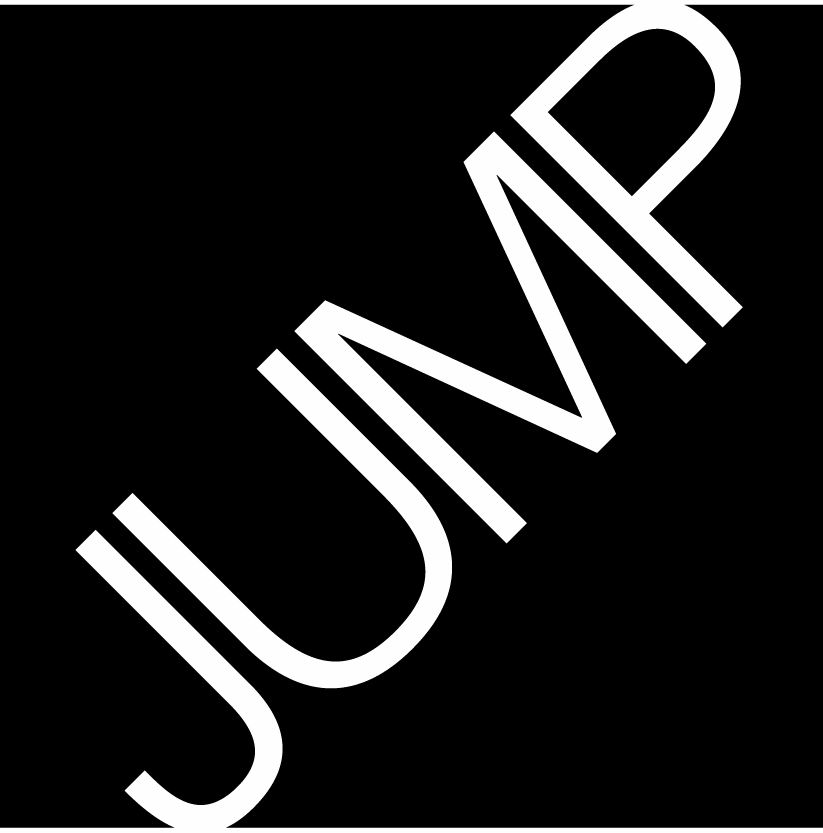
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**JUMP Food Bags**

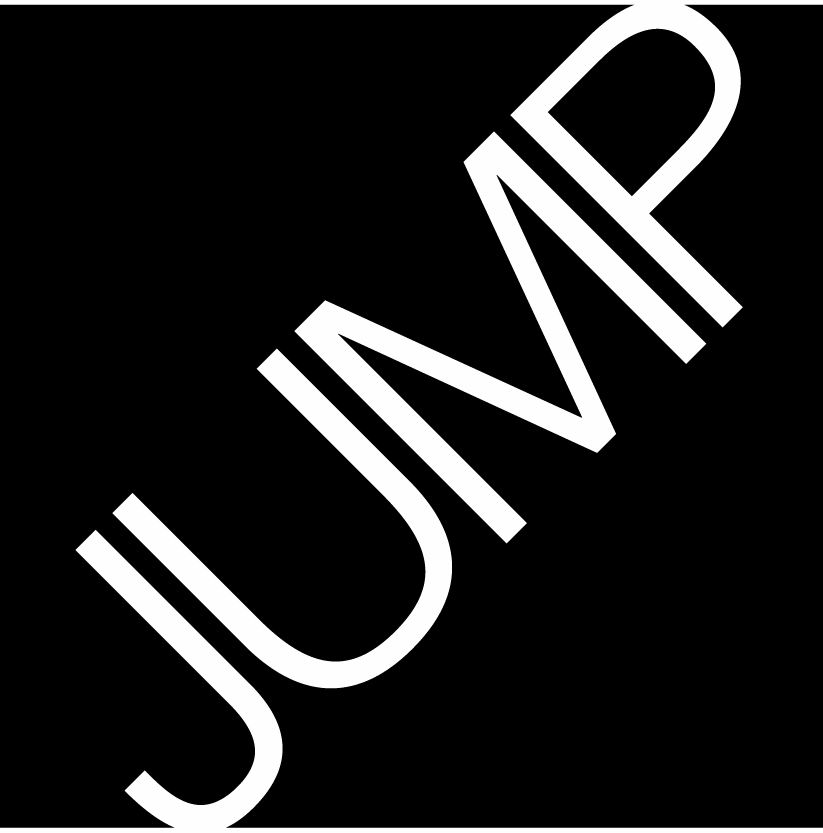
**Please fill each food bag with the following items:**

* 2 (1-pound) bags white or brown rice
* 2 cans tuna or 1 small jar peanut butter
* 2 (1-pound) bags dried white or red beans or lentils
* 1 15 oz. can kidney or other beans
* 2 28-ounce or 4 15-ounce cans tomatoes   
  (diced, crushed, or stewed)
* 2 pounds dry pasta (plain or whole wheat)
* 2 26-ounce jars pasta sauce
* 1 box low sugar cereal, Cheerios preferred

**Note:** Store brands are less costly.

**Packing the bag:** Please consider purchasing a reusable grocery bag ($1 at most supermarkets). If these items are going into a paper bag,, please double-bag it with a plastic bag on the outside. **Extra items:** If you wish, please do! But please add **only** additional quantities of the items listed above. Do **not** add other items.

If you are unable to fill a food bag, a money donation is most welcome, given to your food bag coordinator, Ellen Wollensack.



**Thank you for supporting JUMP and helping our low-income neighbors!**

**Please return filled bags to the UU Thanksgiving service on Sunday, November 20**