



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: If possible, please put these items in 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 19

THANK YOU!