



JUMP Food Bags

Please fill each food bag with the following items:

- 2 (1-pound) bags white rice
- 2 (1-pound) bags dried white or red beans or lentils (include at least 1 bag of lentils)
- 2 15 oz. cans kidney or other beans
- 1 small jar peanut butter
- 1 can or pouch tuna fish in water
- 2 15 oz. cans tomatoes, whole, diced or stewed
- 2 pounds dry pasta (plain or whole wheat)
- 2 (26-ounce) jars pasta sauce
- 1 box low sugar cereal such as Cheerios

Note: Store brands are less costly.

Packing the bag: Please consider purchasing a reusable grocery bag (\$1 at most supermarkets).

Extra items: If you wish, please do! But please add **only** peanut butter or 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.



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



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