

## DID YOU KNOW?

Approximately 126,750 people in the Greater Baton Rouge Food Bank 11-parish service area - including 38,440 children - do not always know where they will find their next meal.

35% of those children are not eligible for any Federal nutrition programs and their parents are part of the working poor - just above the Federal nutrition assistance guidelines.

You can help individuals and families who are hungry. Fill a bag with the simple, healthy food items from the shopping list below for your food drive.

### SHOPPING LIST FOR FAMILIES

- |  |  |
|--|--|
| <input type="checkbox"/> Canned Vegetables | <input type="checkbox"/> Raisins             |
| <input type="checkbox"/> Breakfast Bars    | <input type="checkbox"/> Cereal              |
| <input type="checkbox"/> Dried Beans       | <input type="checkbox"/> Granola             |
| <input type="checkbox"/> Pasta / Spaghetti | <input type="checkbox"/> Crackers            |
| <input type="checkbox"/> Granola Bars      | <input type="checkbox"/> Pasta Sauces        |
| <input type="checkbox"/> Juice             | <input type="checkbox"/> Mixed Nuts          |
| <input type="checkbox"/> Canned Fruit      | <input type="checkbox"/> Trail Mix           |
| <input type="checkbox"/> Fruit Bars        | <input type="checkbox"/> Dried Fruits        |
| <input type="checkbox"/> Rice              | <input type="checkbox"/> Canned Meats        |
| <input type="checkbox"/> Peanut Butter     | <input type="checkbox"/> Hearty Canned Soups |
| <input type="checkbox"/> Jelly             | <input type="checkbox"/> Applesauce          |

### SHOPPING LIST FOR CHILDREN

- |  |   |
|--|---|
| <input type="checkbox"/> Canned Vegetables     | <input type="checkbox"/> Raisins              |
| <input type="checkbox"/> Breakfast Bars        | <input type="checkbox"/> Cereal               |
| <input type="checkbox"/> Dried Beans           | <input type="checkbox"/> Granola              |
| <input type="checkbox"/> Pasta/Spaghetti       | <input type="checkbox"/> Crackers             |
| <input type="checkbox"/> Granola Bars          | <input type="checkbox"/> Pasta Sauces         |
| <input type="checkbox"/> Juice                 | <input type="checkbox"/> Mixed Nuts/Trail Mix |
| <input type="checkbox"/> Canned Fruit          | <input type="checkbox"/> Applesauce           |
| <input type="checkbox"/> Fruit Bars            | <input type="checkbox"/> Dried Fruits         |
| <input type="checkbox"/> Rice                  | <input type="checkbox"/> Canned Meats         |
| <input type="checkbox"/> Peanut Butter & Jelly | <input type="checkbox"/> Hearty Canned Soups  |

### SHOPPING LIST FOR SENIORS

- |  |  |
|--|--|
| <input type="checkbox"/> Dried Beans                               | <input type="checkbox"/> Oatmeal                                 |
| <input type="checkbox"/> Pasta/Spaghetti                           | <input type="checkbox"/> Applesauce                              |
| <input type="checkbox"/> Sauces: Low Sodium                        | <input type="checkbox"/> Flour                                   |
| <input type="checkbox"/> Juices                                    | <input type="checkbox"/> Dried Fruits                            |
| <input type="checkbox"/> Fruit Bars                                | <input type="checkbox"/> Canned Meat: Tuna,<br>Fish or Chicken   |
| <input type="checkbox"/> Peanut Butter & Jelly                     | <input type="checkbox"/> Low Sodium Soups                        |
| <input type="checkbox"/> Crackers                                  | <input type="checkbox"/> Canned Vegetables<br>low sodium/no salt |
| <input type="checkbox"/> Canned Fruit: Light<br>Syrup/In Own Juice |  |