



HELPING HANDS FOOD CALENDAR 2016

JANUARY 24	FEBRUARY 28	MARCH 27
<i>Canned Meats</i> (tuna, chicken, spam, ham, beef stew, etc.)	<i>Pasta, Rice, Beans</i> (brown RICE, beans, whole grain PASTA)	<i>Soups</i> any kind that is low in sodium

APRIL 24	MAY 22
<i>Milk & Fruit Drinks</i> (powdered or canned milk 100% fruit juices)	<i>Fruit</i> (NO SUGAR ADDED peaches, pears, mandarin oranges, etc.)

JUNE 1 — JULY — AUGUST 31
<i>Snacks for Kids</i> (granola bars, peanut butter, cheese and crackers, single serve fruits, mac-n-cheese, ravioli, soups, etc.)

SEPTEMBER 25	OCTOBER 23
<i>Low Sodium Vegetables</i> (green beans, corn, potatoes, peas, etc.)	<i>Canned Fruit and Sweet Potatoes</i> (NO SUGAR ADDED peaches, pears, mandarin oranges, etc.)

NOVEMBER 13	DECEMBER 18
<i>Thanksgiving Boxes</i> (lists will be available for specific food items)	<i>Peanut Butter</i> (creamy or chunky)

