



Your Holiday GROCERY LIST



When you make your visit to the grocery store this holiday season, consider buying these most needed items for the **1 in 6 Central Texans experiencing hunger**.

Your support will make sure no one's table is empty and help us provide **Hope for the Holidays!**

- peanut butter*
- canned chicken breast or tuna*
- canned low sodium vegetables*
- canned fruit in its own juice (no sugar added)*
- dry pinto beans*
- brown rice*
- non-fat dry milk powder*
- 100% whole grain cereal*

THERE'S NO PLACE LIKE HOPE FOR THE HOLIDAYS



Our mission: To nourish hungry people and lead the community in the fight against hunger.

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