

Should lunch be the *LAST* meal of the day?

For many children in our area, the last and only nutritious meal they eat each day is lunch. Please join our efforts to ensure that *NO* child goes to bed hungry or enters school the next morning with an empty stomach and little energy to learn and thrive.

Help fill a Healthy Basics Backpack by choosing one or more of the items below that are most needed by the children at local area schools.

- Whole grain cereals
- Whole wheat pastas
- Pasta sauces
- Brown rice
- Low sodium canned beans
- Dried beans, peas, or lentils
- 100% fruit juice (jars and juice boxes)
- Healthy granola bars
- Low sodium vegetable soups
- Low sodium canned vegetables
- Low sodium canned fruits
- Low sugar oatmeal
- Whole wheat crackers
- Healthy pancakes or muffin mixes
- Sugar free or low sugar applesauce
- Peanut butter
- 100% fruit preserves
- Dried fruit and nuts

Each donation will be matched monetarily by **The Feinstein Foundation** which has become the most successful grassroots campaign of all time to fight hunger.



A Wider Circle is a grassroots non-profit organization serving our area's most vulnerable residents. We distribute furniture and household items, provide educational workshops, and offer Healthy Basics to those in need.

Provided courtesy of A Wider Circle •301-608-3504• www.awidercircle.org

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