

August is

# Peanut Butter & Jelly MONTH



**Help the New Hampshire Food Bank get ready for back to school. Peanut butter is a great protein source. When comparing peanuts and peanut butter to similar foods, they have more protein than any other legume or nut. This is especially important for children, vegetarians and people eating more meatless meals.**



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_



603-669-9725 - [www.NHFoodBank.org](http://www.NHFoodBank.org)