

January is **TUNA** **MONTH**



**Help the New Hampshire Food Bank this December
by bringing in cans of tomato or pasta sauce.
They contain lycopene, a healthy substance that is
more available to your body in canned and
cooked tomatoes than in fresh.**

Date: _____
Time: _____
Location: _____



YOUR
LOGO
HERE

603-669-9725 - www.NHFoodBank.org