

November is
CANNED VEGETABLE
MONTH



Help the New Hampshire Food Bank this November by bringing in cans of vegetables. They supply beta carotene, vitamin C, folate, complex carbohydrates, fiber and potassium. There's no better choice than canned vegetables for feeding the hungry who should enjoy vegetables regularly.

Date: _____

Time: _____

Location: _____



YOUR
LOGO
HERE

603-669-9725 - www.NHFoodBank.org