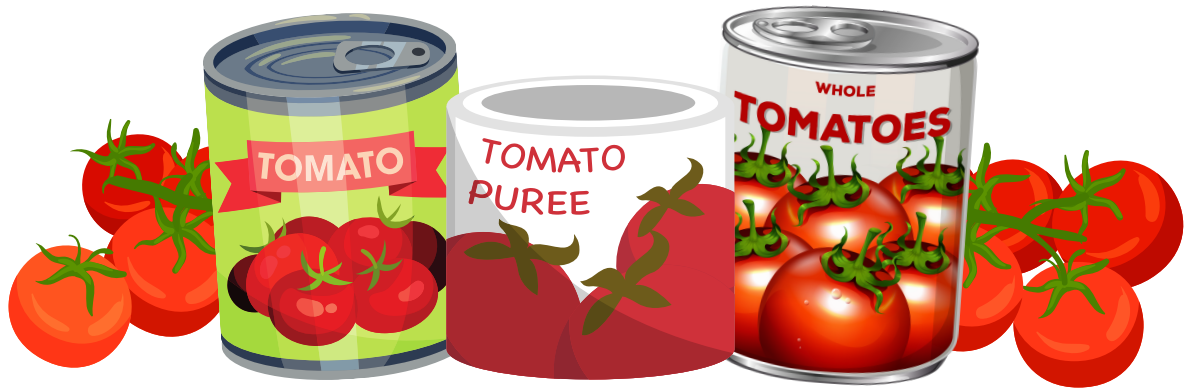


# NH FOOD BANK FOOD OF THE MONTH DECEMBER - CANNED TOMATOES



Help the NH 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:** \_\_\_\_\_