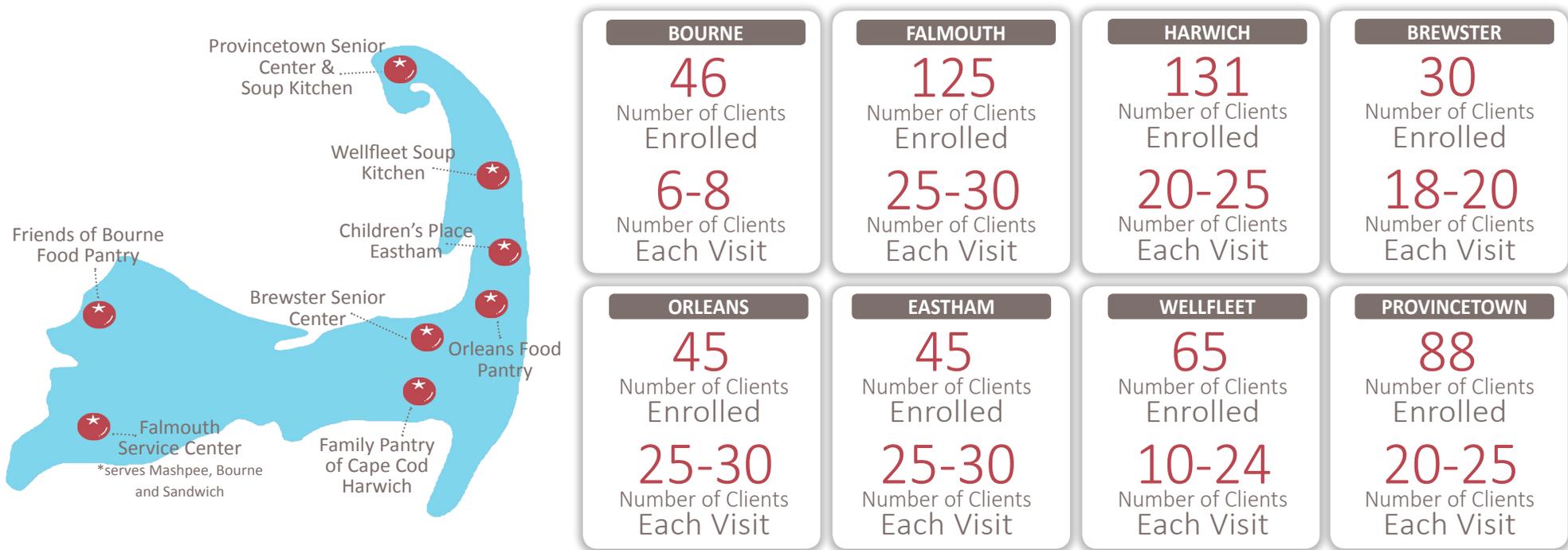


Foods to Encourage SITES



Amount of FOOD DISTRIBUTED

Clients usually receive 2 fruits and 3 vegetables per bag



Example Are



4-5 bananas, 3 apples, head of lettuce, 1 medium onion, 2 medium to large cucumbers

or



2-3 baking potatoes, 2 heads of garlic, can of black beans, pint of cherry tomatoes, 4 clementines

The average bag of food is 8-10 pounds per person

