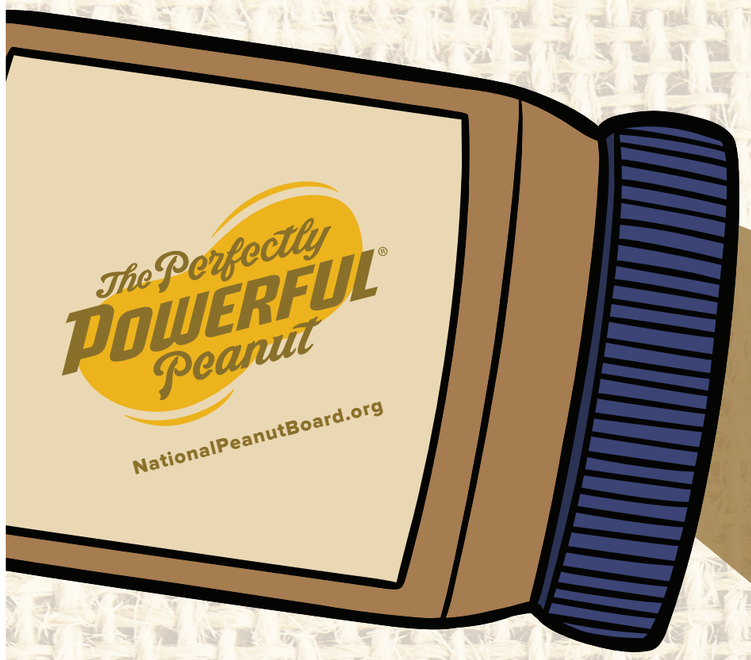

A LITTLE GOES A LONG WAY

WHY YOU SHOULD DONATE A JAR OF PEANUT BUTTER TO YOUR LOCAL FOOD BANK:

Peanut butter is versatile. It can be eaten any time of the day- **BREAKFAST, LUNCH, DINNER OR IN BETWEEN.**

Coupled with their more than **30 ESSENTIAL VITAMINS & NUTRIENTS** peanuts are considered a superfood. [1]

On average peanut butter costs **16 CENTS PER OUNCE** which is enough peanut butter to make one sandwich for someone in need. [2]

Due to its protein content and **LONG SHELF LIFE,** peanut butter is an ideal food to help feed the hungry in communities across the US. [1]

One 15 oz jar of peanut butter can make up to **15 PEANUT BUTTER** sandwiches for a family in need.
* based on 2 tbsp serving per sandwich.

More than **90% OF AMERICAN HOUSEHOLDS** have one or more jars of peanut butter in their pantry, making it easy to donate a jar. [1]

With **7 GRAMS PER SERVING,** peanuts have more energy boosting protein than any other nut. [1]

Alabama Peanut Producers Association

WHY FOOD BANKS NEED PROTEIN-RICH DONATIONS:

94% of the nations food banks are actively working to improve the nutritional quality of meals provided to clients. [3]

1 IN 9 Americans struggle with hunger. [4]

12.5 M children are living in food insecure homes, meaning they do not have consistent access to adequate food. [3]

Sources: 1. https://www.nationalpeanutboard.org/news/fun-facts.htm | 2. Burea of Labor Statistic, Average retail food and energy prices http://www.bls.gov/ro3/apmw.htm | 3. https://www.feedingamerica.org/sites/default/files/2019-05/2017-map-the-meal-gap-child-food-insecurity_0.pdf | 4. https://www.feedingamerica.org/hunger-in-america/the-united-states