What's in your Nourish Box and How it Nourishes You

Proteins

Peanut Butter, beans, canned meats, lentils, and milk help **regulate blood sugar** and **build muscle**!

Grains

Brown rice, whole grain pasta, and oats **keep you full** & give you **energy**!



Vegetables

Vegetables like diced tomatoes, green beans, and mixed vegetables are full of **fiber** & help with **digestion**!

Fruits

Canned fruits like applesauce help to support our **immune system** & are rich in **essential nutrients**!

SECOND HARVEST FOOD BANK of MIDDLE TENNESSEE
Feeding Hope®