

2017 PEANUT BUTTER CHALLENGE

SPREAD THE WORD...
PEANUT BUTTER
FIGHTS
HUNGER!

OCT. 1-NOV. 22

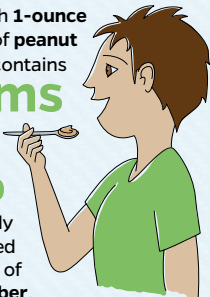
Donate unopened jars
of peanut butter at the
UF/IFAS Extension office
in your county.

The Florida Peanut
Producers Association
matches donations.


All peanut butter donations
go to local food pantries to
help feed families in need.

From October 1 through
November 22, support your
local producers and people in
need in your community by
generously donating to the
Peanut Butter Challenge.


Each 1-ounce
serving of **peanut
butter** contains
7 grams
of **protein** and
10%
of the daily
recommended
amount of
dietary **fiber**.



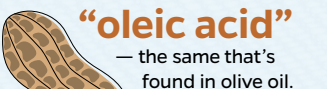
The average
child will eat
1,500
PB&J
sandwiches
before they
graduate from
high school.



Peanut Butter is
also rich in the
powerful
antioxidant
vitamin E,
muscle-friendly
potassium &
magnesium,
which helps build
strong bones.



Some peanut varieties
developed at **UF/IFAS** contain
higher levels
of a **healthier** monounsaturated
fatty acid called
"oleic acid"
— the same that's
found in olive oil.



FIND THE PEANUT BUTTER CHALLENGE DROP-OFF LOCATION CLOSEST TO YOU: