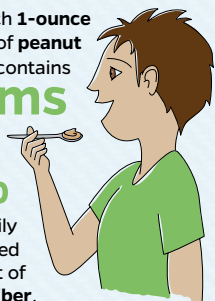


# 2018 PEANUT BUTTER CHALLENGE

SPREAD THE WORD...  
PEANUT BUTTER  
**FIGHTS**  
HUNGER!

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

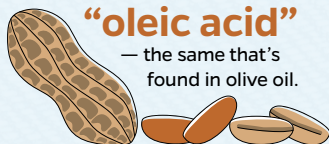
**1,500**  
**PB&J**  
sandwiches before they graduate from high school.



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.



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.

Support your local producers and people in need in your community by generously donating to the Peanut Butter Challenge.

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