|  |  |
| --- | --- |
| http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My April Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** | http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My May Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** |
| http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My June Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** | http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My July Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** |
| http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My August Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** | http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My September Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** |
| http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My October Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** | http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My November Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** |
| http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My December Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** | http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My January Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** |
| http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My February Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** | http://gallery.mailchimp.com/70f341f9d70f43defbd9cbba6/images/MailHeader3.png***My March Diabetic Ministry Shopping List:****Items needed:** *Canister of Oatmeal*
* *A loaf of whole grain bread*
* *Box of whole grain pasta*
* *Canned low sodium beans*
* *canned low sodium tuna*
* *2 cans of low sodium vegetables*
* *1 or 2 canned fruits in own juice*
* *Shopping bag for groceries*

***Please return your box by the 15th of the month*** |