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| 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*** |