

## JF&CS Family Table Rice Donation Guide

At the store, just get two:





My Family

y Family Table

Nutrition Criteria	Examples	
We prefer donations of <b>brown rice</b> , which is a whole grain.	Success  Boil-to-Bag  Brilly Rice  Brilly Rich  Brilly Rice  Brilly Ri	
We prefer <b>quick or instant</b> varieties of rice.	Success Brown Rice: Uncle Ben's Carolina Brown Rice Boil in a Bag Instant Brown Rice	
We accept short, medium or long grain brown rice.	Any Store or name brand of unflavored instant brown rice  Nature's Promise Organic Brown Rice	





Snap a picture of this list as a convenient reminder for your next shopping trip!