

# 2017 PEANUT BUTTER CHALLENGE

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

**OCT. 1-NOV. 22**

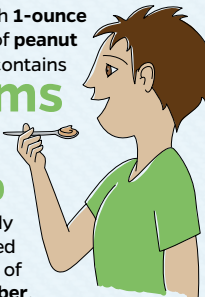
Donate unopened jars  
of peanut butter at the  
UF/IFAS Extension office  
in your county.

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.**



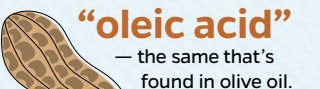
The average  
child will eat  
**1,500**  
**PB&J**  
sandwiches  
before they  
graduate from  
high school.



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:**