

October 2026

East Texas Food Bank



Announcements

Happy Halloween!

Did You Know!

- Americans but between 600 million and 745 million pounds of candy every year!
- Nationwide, families spend over 3.5 billion dollars on Halloween treats every year!
- The heaviest pumpkin weighed 2,749 pounds!



Monday	Tuesday	Wednesday	Thursday	Friday
			01 ETFB 4 Pepperoni Stick Smoked Gouda Cup Cheeze-it Crackers Fruit Cup Veg. Juice	02 ETFB 5 Chocolate Sun Butter Chocolate Sun Butter Graham Crackers Dried Fruit Veg. Juice
05 ETFB 1 Yogurt Sunflower Seeds Cereal Dried Fruit Veg. Juice	06 ETFB 2 Bean Dip Mozzarella Plank Savory Crackers Fruit Cup Veg. Juice	07 ETFB 3 Sun Butter Sun Butter Graham Crackers Applesauce Veg. Juice	08 ETFB 4 Pepperoni Stick Smoked Gouda Cup Cheeze-it Crackers Fruit Cup Veg. Juice	09 ETFB 5 Chocolate Sun Butter Chocolate Sun Butter Graham Crackers Dried Fruit Veg. Juice
12 ETFB 1 Yogurt Sunflower Seeds Cereal Dried Fruit Veg. Juice	13 ETFB 2 Bean Dip Mozzarella Plank Savory Crackers Fruit Cup Veg. Juice	14 ETFB 3 Sun Butter Sun Butter Graham Crackers Applesauce Veg. Juice	15 ETFB 4 Pepperoni Stick Smoked Gouda Cup Cheeze-it Crackers Fruit Cup Veg. Juice	16 ETFB 5 Chocolate Sun Butter Chocolate Sun Butter Graham Crackers Dried Fruit Veg. Juice
19 ETFB 1 Yogurt Sunflower Seeds Cereal Dried Fruit Veg. Juice	20 ETFB 2 Bean Dip Mozzarella Plank Savory Crackers Fruit Cup Veg. Juice	21 ETFB 3 Sun Butter Sun Butter Graham Crackers Applesauce Veg. Juice	22 ETFB 4 Pepperoni Stick Smoked Gouda Cup Cheeze-it Crackers Fruit Cup Veg. Juice	23 ETFB 5 Chocolate Sun Butter Chocolate Sun Butter Graham Crackers Dried Fruit Veg. Juice
26 ETFB 1 Yogurt Sunflower Seeds Cereal Dried Fruit Veg. Juice	27 ETFB 2 Bean Dip Mozzarella Plank Savory Crackers Fruit Cup Veg. Juice	28 ETFB 3 Sun Butter Sun Butter Graham Crackers Applesauce Veg. Juice	29 ETFB 4 Pepperoni Stick Smoked Gouda Cup Cheeze-it Crackers Fruit Cup Veg. Juice	30 ETFB 5 Chocolate Sun Butter Chocolate Sun Butter Graham Crackers Dried Fruit Veg. Juice



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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