

# Help Us Build Healthy Meals

Help the Food Bank of Contra Costa and Solano collect nutritious, non-perishable food items. All items below have been identified as high priority.

## Protein

Peanut Butter  
Hearty Soups  
Dried or Canned Beans  
Canned Chicken & Tuna

Canned Fruit in Juice  
100% Fruit Juice  
Canned Vegetables  
Canned Tomato Products

## Fruits & Veggies

## Grains

Enriched Rice  
or Pasta  
Iron Rich Cereal  
Whole Grain Cereal

