

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



4010 Nelson Ave, Concord, CA 94520
www.foodbankccs.org (800) 870-FOOD

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