

# WANTED!

**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**

# REWARD

**SATISFACTION OF KNOWING YOU HELPED  
FEED 130,000 PEOPLE  
THIS MONTH.**

