

# Food Drive Shopping List

Help the Food Bank of Contra Costa and Solano provide nutritious, nonperishable food items like the ones listed below.

- Natural Peanut Butter
- Whole Grain Cereals
- Hearty Low-Sodium Soups
- Beans and Lentils (dry or canned)
- Canned Tuna and Chicken in Water
- Canned Fruit in Juice
- Nonperishable, Low-Sodium, Ready-to-Eat Meals (chili, ravioli, etc.)
- Low-Sodium Canned Vegetables
- Brown Rice
- Whole Wheat/Grain Pasta
- Canned Tomato Products



[foodbankccs.org/fooddrive](http://foodbankccs.org/fooddrive)

Drop off food in a collection barrel near you or bring food to either Food Bank warehouse:  
4010 Nelson Ave, Concord, CA 94520 or 2339 Courage Drive, Suite F, Fairfield, CA 94533