

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

**NO GLASS, PLEASE!**



**[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 2370 N Watney Way, Fairfield, CA 94533**