



All donations for
Monument Crisis Center
in Concord

Bring your donations to
field marshal table at
Boatwright or Krueger
Fields this weekend.



**"Because
NO ONE
Should Go Hungry"**

**Help
Feed Your
Community**

*Please consider this list when purchasing food
to be donated to the Food Bank.*

What to give . . .

Canned Meat, Fish & Poultry
Canned Ready to Eat Meals
Canned Vegetables &
Tomato Products
Peanut Butter (plastic
container)
Iron Rich Cereal (45% or
more of daily value)
100% Fruit Juice (48 oz.
or less plastic bottles)
Canned Fruit (in juice)
Dry Beans (any type)
Enriched Rice or Pasta
Powdered Milk

Who you will help . . .

Children
Senior Citizens
Working Poor
Homeless Families
Single Parents
Chronically Ill



FOOD BANK
of Contra Costa and Solano

1-800-870-FOOD
www.foodbankccs.org

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