

# 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



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

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  
Find a collection barrel at [www.foodbankccs.org/ongoingdrives](http://www.foodbankccs.org/ongoingdrives).