

GOAL =  
15,000  
CANS



# PROTEIN POWER UP

## FILL A BAG!

HELP THE REDWOOD EMPIRE FOOD BANK COLLECT 15,000 CANS OF PROTEIN BY AUGUST 31 FOR OUR NEIGHBORS IN NEED.

Your Ding-Dong Donor is \_\_\_\_\_

Please contact me at \_\_\_\_\_ with any questions.

## WHY PROTEIN?



Protein is a powerhouse nutrient that helps children focus in school, gives seniors energy to stay active, and supports families trying to make ends meet.

## INSTRUCTIONS:



1. Next time you're at the grocery store, pick up a few cans of protein (think tuna, chicken, Spam). Other non-perishable items welcome!
2. Place donations in a bag near your front door. We'll pick it up on \_\_\_\_\_.
3. Feel great about providing food to your neighbors in need!

Unable to donate protein, but still want to help? Scan QR code to donate funds!  
\$25 = 30 cans | \$50 = 60 cans

