

GOAL =
20,000
CANS



PROTEIN POWER UP

FILL A BAG!

HELP THE REDWOOD EMPIRE FOOD BANK COLLECT 20,000 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! For every \$1 donated, we can distribute \$3 worth of food.

