



TRICK OR TREAT, WHAT'S TO EAT?

FILL A BAG!

HELP SCARE AWAY HUNGER THIS OCTOBER BY DONATING PASTA TO THE REDWOOD EMPIRE FOOD BANK.

Your donations will be collected by _____.

Please contact me at _____ with any questions.

WHY PASTA?

Pasta is a versatile and nutrient-rich food, providing energy and essential vitamins and minerals. Its long shelf life and ease of preparation make it a much desired staple at our food bank.



INSTRUCTIONS:

1. Next time you're at the grocery store, pick up a box or two of pasta (or donate an unopened one from your cupboard). Other non-perishable items welcome!
2. Place pasta in a bag near your front door. We'll pick it up on _____.

Thank you for helping us End Hunger in Our Community.

**Unable to donate pasta but still want to help?
Scan QR code to donate funds. For every \$1
received, we're able to distribute \$3 worth of
groceries to our neighbors in need.**

