

GOAL =
20,000
CANS!

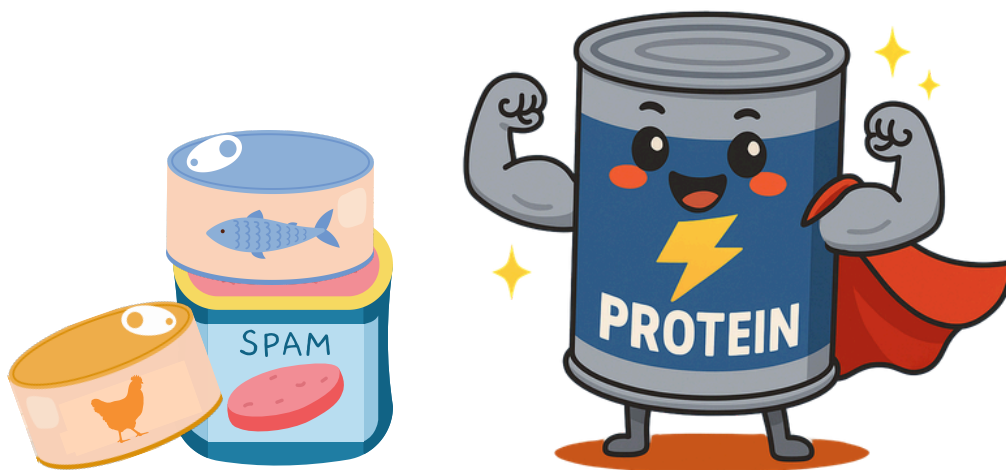


REDWOOD EMPIRE
FOOD BANK

PROTEIN POWER UP FOOD & FUND DRIVE

Flex your generosity—give protein, give strength!

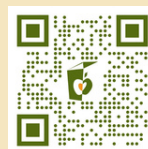
August 2026



Calling all hunger-fighting heroes! Help us collect 20,000 cans of shelf-stable protein—like canned tuna, chicken, or Spam—for the Redwood Empire Food Bank.

Please drop your donations in our collection bins.

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.



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CANS!

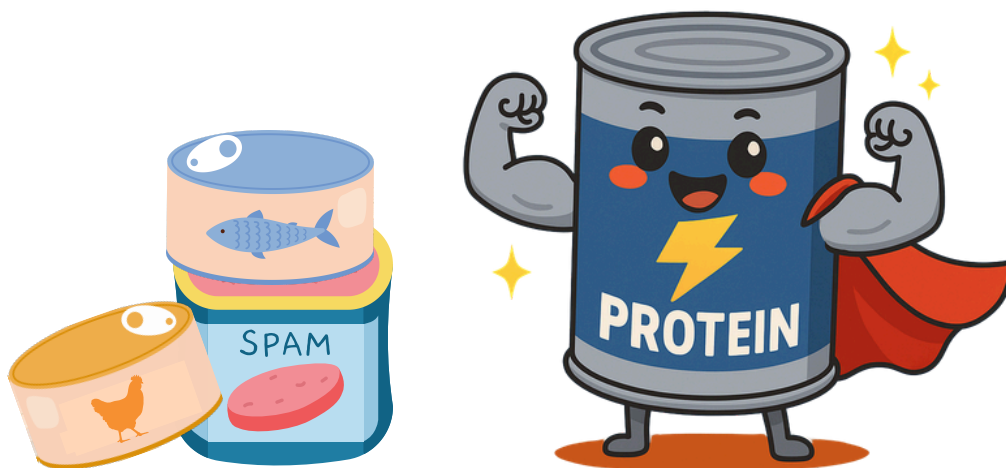


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Flex your generosity—give protein, give strength!

August 2026



Protein is a true superfood, giving kids, seniors, and families the strength they need to take on the day. Please bring your canned protein (like canned chicken, tuna, or Spam) donations to the following location:

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.



QUESTIONS? CONTACT US AT 707-523-7900 OR COMMUNICATIONS@REFB.ORG