REDWOOD EMPIRE FOOD BANK

TRICK OR TREAT, WHAT'S TO EAT?

FILL A BAG!

HELP THE REDWOOD EMPIRE FOOD BANK BY DONATING NON-PERISHABLE FOOD ITEMS FOR YOUR NEIGHBORS IN NEED.

Please contact _____ with any questions at _____.

MOST NEEDED ITEMS:

- Canned Tuna
- Canned Chicken
- Peanut Butter
- Rice & Pasta
- Oats
- Dry Beans
- Low Sugar Cereal



INSTRUCTIONS:

1. Fill a bag with non-perishable food from your pantry (please no glass).
2. Place your filled bag on your doorstep and we will be back to pick it up on _____.
3. Feel great about providing food to your neighbors in need!
4. Tag @redwoodempirefoodbank on social media to spread the news. Thank you!

Questions? Contact Shana Davis at 707-523-7900 ext. 143 or sdavis@refb.org