TRICK OR TREAT, WHAT'S TO EAT?

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

Fill a bag!

Your Trick or Treat, What's to Eat donor is _____________________.

Please contact me at ____________________ with questions.

MOST NEEDED ITEMS:

• Tuna + Canned Meat
• Peanut Butter
• Canned Soups + Stews
• Rice + Dry Beans
• Cereal
• Canned Fruits + Veggies
• Protein Bars

INSTRUCTIONS:

1. Fill a bag with non-perishable food (please no glass).
2. To practice social distancing, place a bag outside your front door. We will be back to pick it up on _____________________.
3. Feel great for providing food to your neighbors in need!
4. Tag @redwoodempierefoodbank on social media to spread the news. Thank you!

FOR FURTHER QUESTIONS, PLEASE CALL 707-523-7900 OR EMAIL INFO@REFB.ORG