

# SMC JUST EATING Food Drive

**November 2-18**

**Support individuals & families  
who receive food from the  
Food Bank of Contra Costa & Solano Counties**

*More than 116,564 people in Contra Costa &  
Solano Counties live with the threat of hunger.*

## **TOP 10 MOST NEEDED ITEMS**

1. Canned Meat, Fish & Soups
2. Canned Ready to Eat Meals
3. Canned Vegetables & Tomato Products
4. Peanut Butter (plastic container)
5. Iron Rich Cereal (45% or more of daily value)
6. 100% Fruit Juice (48 oz. or less plastic bottles)
7. Canned Fruit (in juice)
8. Dry Beans (any type)
9. Enriched Rice or Pasta
10. Powdered Milk

## **RED BINS CAN BE FOUND @**

Café Louis  
CILSA (1st Floor Ferroggiaro Hall)  
Dante Hall (3rd Floor)  
Mission & Ministry Center  
Library (1st Floor)  
Filippi Hall (1st Floor)  
Rheem Campus



## **JUST EATING Banquet**

November 17, 2009

6:00pm-7:30pm

Soda Center

**Catholic Institute for Lasallian Social Action (CILSA)**

First Floor Ferroggiaro Hall  
925-631-4975  
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