



## Full Plate Menu

March  
2010

The San Francisco Food Bank's network of neighborhood pantries includes fifty-five Healthy Children's Pantries at public schools and housing sites throughout San Francisco. Each week, 4,500 families struggling to make ends meet can count on a full bag of groceries right from a pantry in their neighborhood. You can help feed families at risk of hunger by providing our most needed items below.

**1 box of cereal**  
**1 canned meat or tuna**  
**2 cans of vegetables**  
**1 box of granola bars/healthy snack item**  
no glass please



(415) 282-1900

[www.sffoodbank.org](http://www.sffoodbank.org)



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