



Please help us by donating non-perishable food items to help benefit those in need

Food Drive

NOVEMBER 1ST - 30TH

Suggested Items:

- Canned meats
- Canned vegetables
- Canned fruits
- Peanut butter
- Pasta, rice
- Cereal, oatmeal

We are unable to accept:

- Glass jars, home canned or baked products

ALL DONATIONS WILL GO TO
THE SAN DIEGO FOOD BANK

Drop Off Location:

Brain Balance San Diego
10175 Rancho Carmel Dr
Suite 124
San Diego, CA 92128

M - F: 11am - 6pm

OR visit our Virtual Food Drive

<https://www.fooddriveonline.org/sandiegofoodbank/BrainBalanceSD>

