



# Diablo Cares



The Food Bank of Contra Costa and Solano distributes food directly to people in need. Can you imagine 1 in 8 of our neighbors go through their day with an empty stomach? Also, 1 in 4 people receiving emergency food are children. This reality makes it hard for people to complete every day tasks like focusing on work, concentrating at school, or taking care of one's family. The Food Bank of Contra Costa and Solano donates 96 cents of every dollar to their food programs, and they provide food to more than 190,000 people every month in our community.

Starting October 1, 2016, Diablo Gymnastics will have collection bins located in the front office. Please make sure all food donations are sealed and not open. The Food Bank of Contra Costa and Solano specifically needs:

- Canned meat, fish & soups
- Canned "Ready to Eat" meals
- Canned veggies, tomato products & fruit (in juice)
- Peanut butter (plastic container)
- Iron rich cereals
- 100% fruit juices (48 oz. or less plastic bottles)
- Dry beans
- Enriched rice or pasta
- Powdered milk

We understand that our families may be very busy this time of year and may not have time to bring in a food donation, so Diablo Gymnastics will also be collecting money to help support the numerous programs the Food Bank of Contra Costa and Solano provides within our community. A donation jar will be located in the front office and you can also ask a member of our office staff to add a donation to your account.

Thank you to each and every family for making Diablo Gymnastics such an amazing community.

## ABOUT DIABLO CARES

Diablo Gymnastics is very fortunate to have such a thriving gymnastics program and community. The Diablo coaches and staff believe in the importance of giving back to help make the world a better place.

Each month, Diablo Gymnastics will highlight and support a special organization that is making a difference.



**Attention Students:**  
Turn in your completed Fitness Challenge with a food donation during October to receive an extra entry in the Fitness Challenge drawing.