

HELP US FEED LOCAL FAMILIES



WITH THE JACOBS & CUSHMAN SAN DIEGO FOOD BANK

THROUGH JANUARY 5, 2026

MOST NEEDED FOOD ITEMS:

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



WE NEED YOUR SUPPORT

Nutrition is an important part of the Brain Balance program. We invite you to support our community in need by DONATING non-perishable items (in-center or virtually).

DROP-OFF LOCATIONS

Brain Balance of San Diego
10175 Rancho Carmel Dr,
Suite 124



Brain Balance of Chula Vista
310 Third Ave, Suite C-7

Brain Balance of Encinitas
165 S El Camino Real, Suite E

Virtual Donations
bit.ly/bbsdfooddrive25



(858) 324-5545 | BrainBalanceSanDiego.com

