



SHARE Food Bank

2025 MOST NEEDED ITEMS

**Thank you for supporting
SHARE's holiday programs!**

**All donations help SHARE
provide healthy food choices
for families, seniors &
individuals in the Tri-Cities.**

**Kindly check your food before
donating. We cannot accept
damaged goods or food
donations with expiry dates
before January 2026.**

- **Rice & Pasta** (900g or smaller)
- **Canned Tomato** (Diced, Chunky Sauce or Paste)
- **Instant Oatmeal & Cereal Packs**
- **Canned Meals with Pull Top** (Beans in Tomato Sauce, Chili or Stew)
- **Canned Vegetables or Fruit**
- **Canned Meat** (Tuna or Ham)
- **Canned Beans** (Chickpeas, Black Beans, Kidney Beans or Lentils)
- **Good Start Baby Formula Stage 1**
- **Baby Diapers** (Sizes Newborn 1, 2 & 3)
- **Cash Donations**



For More Information Visit SHAREsociety.ca/SHARE-joy