



SHARE FOOD BANK

MOST NEEDED ITEMS

Thank you for supporting
SHARE's holiday programs!

All donations help SHARE Family
& Community Services provide
healthy food choices for
Tri-Cities families.

Kindly check your food before
donating. We cannot accept
damaged goods or food
donations with expiry dates
before January 2024.

- Canned Diced Tomatoes
- Canned Fruits
- Canned Meals (Beans in Tomato Sauce, Beef Chili, Stew)
- Pasta (900g or smaller)
- Instant Oatmeal and Cereal Variety Packs (Single Serving Packages)
- Chunky Tomato Sauce
- Canned Vegetables (Corn and Mushroom)
- Canned Fish and Meats (Tuna and Ham)
- Extra Virgin Olive Oil (1L or smaller)

FOR MORE INFORMATION:
COMMUNITY@SHARESOCIETY.CA



FOR FULL WISH LISTS:
SHARESOCIETY.CA/SHARE-JOY