



SHARE  
JOY



# 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  
families in the Tri-Cities.

Kindly check your food before  
donating. We cannot distribute  
damaged goods or food  
donations with expiry dates  
before January 2025.

- Rice (900g or smaller)
- Pasta (900g or smaller)
- Canned Tomatoes (Diced, Sauce, Paste)
- Instant Oatmeal and Cereal Packs
- Canned Vegetables (Corn and Mushroom)
- Canned Beans (Red/White Kidney, Chickpeas, Fava, Black Beans, Lentils)
- Canned Fish and Meats (Tuna and Ham)
- Cooking Oil (1L or smaller)
- Tea & Coffee
- Good Start Stage 1 Baby Formula Powder
- Baby Diapers (especially large)

FOR MORE INFORMATION: [COMMUNITY@SHARESOCIETY.CA](mailto:COMMUNITY@SHARESOCIETY.CA)

