

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 2027.

- **Cash Donations**
- **Rice & Pasta**
- **Canned Tomatoes** (Paste, Sauce, Diced)
- **Canned Veggies**
- **Canned Meat** (tuna, salmon)
- **Cereal** (High Protein)
- **Canned Beans** (Chickpeas, Black Beans, Kidney Beans)
- **Baby Items** (Good Start Formula Stage 1, Baby Food for 6 to 24 months old)



SHARE
FAMILY & COMMUNITY SERVICES

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