



SHARE

FAMILY & COMMUNITY SERVICES

MOST NEEDED ITEMS

- **Rice & Pasta** (900g or smaller)
- **Tomato Paste**, (Sauce, Diced)
- **Cooking Oil** (1L or smaller)
- **Canned Fish and Meat** (tuna, ham)
- **Cereal and Instant Oatmeal**
- **Canned Veggies** (Corn, Mushrooms)
- **Canned Beans** (Chickpeas, Black Beans, Kidney Beans, Fava, Lentils)
- **Cooking Oil** (1L or smaller)
- **Diapers** (Sizes 2, 4, 6)
- **Infant Formula** (Good Start Stage 1 & 2, Kendamil 0–12 months)
- **Cash Donations**

Thank you for giving! All donations help SHARE provide healthy food choices for individuals & families in our community.

LEARN MORE AT [SHARESOCIETY.CA](https://sharesociety.ca)



FAMILY & COMMUNITY SERVICES

CASH DONATIONS VS. FOOD DONATIONS

Cash donations help SHARE purchase more healthy, diverse, and balanced food choices for individuals and families that access SHARE's three Food Banks in the Tri-Cities.

SHARE can purchase what we need, when we need it, to best support the needs of our community.



SCAN TO DONATE!



www.SHAREsociety.ca

Find us on social!

