



FAMILY & COMMUNITY SERVICES

MOST NEEDED ITEMS

- **Cash Donations**
- **Rice & Pasta** (900g or smaller)
- **Tomato Paste**, (Sauce, Diced)
- **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)

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)



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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 socials!

