

*Please consider offering
a donation to our*



working together to end hunger in our community

SHARE FOOD BANK FACTS

- **36%** of food bank recipients in the Tri-Cities are **children**
- **196** households participated in SHARE's **Tiny Bundles Program**
- **18, 756 food hampers** were distributed last year

REQUESTED FOOD ITEMS

- Canned fruit
- Cooking Oil
- Juice
(no sugar added)
- Granola bars or Whole grain crackers
- Lentils & Beans
(canned or dried)
- Rice
- Tomato Paste
- Gluten Free Products

*please remember to check expiry dates on all items donated

sharesociety.ca



@SHARESociety



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FAMILY & COMMUNITY SERVICES