



## SHARE Family & Community Services

The SHARE Food Bank distributes 5,000 pounds of food to a minimum of 375 families every week, 37 percent of which are children. As the Food Bank is not government funded, its services are made possible in the Tri-Cities as a result of volunteers as well as generous support and donations from the community.

### SHARE Accepted Food

- Canned Fruits and Vegetables
- Canned Fish and Meat
- Pasta and Sauces
- Canned Meals
- Rice
- Cereal
- Peanut Butter
- Pancake Mix
- Juice
- Granola Bars
- Ensure Meal Supplements

### Food Drive for Government Sponsored Syrian Refugees

SHARE Food Bank has been receiving an influx of refugee families signing up to use their services. Syrian refugee families are set up with SHARE so they will have food coming in above the \$10 daily allowance they receive for food from the government. Unfortunately, SHARE is receiving no additional assistance to feed these families. If you would like to assist SHARE in helping the families feel welcome, by providing some of the food items that they are used to, please see the list below:

- Flour
- White Sugar
- Olive oil; Canola oil
- Sticky rice; Jasmine rice
- Laird Green Lentils; Red split lentils
- Fava beans; kidney beans (not green/string beans)
- Chickpeas
- Bulgar wheat
- Tahina/Tahini (sesame seed paste)

If you have difficulty finding these items, check out Real Canadian Superstore or No Frills.

Please leave any donations in the marked box in the lobby.