



Share Backpack Program

Put Protein First!

Shelf-stable, protein-rich foods are the single-best food items to donate. Peanut butter, canned or easy-open meats (chicken, tuna fish, ham, etc.) canned chili and high-protein soups are easy to transport and simple to prepare.

These items are not only nutritious, but are also ideal for families who do not have access to a stove for cooking, as they can be heated in a microwave. Below are some examples of needed items:



Donations can be delivered to the
Share Fromhold Service Center, 2306 NE Andresen Road.



sharevancouver.org

Note: Share does not promote or encourage the purchase of the name brand items shown above; the photos are solely intended as a representation of the types of food items needed.