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, Monday-Friday, 9 a.m. to 4 p.m.

www.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.