



Food donations can be dropped off at Project SHARE, located at 2-4129 Stanley Avenue. Please drive behind the plaza building to drop off food or toiletry donations to a staff member or volunteer in a red shirt by the warehouse door/white tent.

The warehouse at Project SHARE is open for donations Monday-Friday between 8:30 am and 4:30 pm.

## MOST NEEDED ITEMS:

- Fruits and vegetables fresh, frozen and canned
- Peanut butter
- Protein items such as meat, fish, beans, eggs and cheese
- Macaroni and Cheese pasta
- Baby food, including rice cereal (pablum)
- Infant formula
- Boost/Ensure
- Feminine hygiene products (pads and tampons)
- Diapers (especially size 6) and pull-ups
- Toiletry items like shampoo, soap, deodorant, toothbrushes and toothpaste

## WE ACCEPT PERISHABLE FOOD DONATIONS, INCLUDING:

- fresh fruits
- fresh vegetables
- eggs
- milk
- dairy products (cheese and yogurt)
- frozen foods

We have a walk-in refrigerator and freezer space which allows us to accept perishable fresh and frozen items. If you would like an official tax receipt for your donation, please bring your original purchase receipts along with the items. For more information regarding food donations, please contact Project SHARE at 905-357-5121 or info@projectshare.ca