

Workout for Your Soul Share

FREE Thanksgiving Day Workout to support Share

As the holidays approach, it's a great time to be thankful for all the things we have and to help families in need.

Fundraiser!

Join us for this full body, Muscle & Cardio workout while giving back to the community!

Non-members are welcome. Rally as many people as you know to get involved. **The more people who participate, the more food we can send to help!** Plus, you get to kick off your holiday feeling energized, less stressed, and ready for your Thanksgiving festivities.



This is a FREE Workout, open to the community!
Thursday, November 23rd at 9:00am

See reverse for the Share Needs List

Get signed up at 360.574.7292

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.



Share Backpack Program

Below is an overview of Share's Backpack Program and how it is operating during this school year while students are learning from home. When this crisis has passed, and schools are able to safely open, we hope to pick the program up where it left off. Highlights are listed below; visit sharevancouver.org to learn more.

We serve a total of 70 schools in all three of our school-year Hunger Response programs, which include our Backpacks, Kid-Friendly Food Boxes provided by the Clark County Food Bank, and Fresh Food Pantries.

33 Food Boxes: We partner with the Clark County Food Bank to provide Kid-Friendly Food Boxes to Evergreen and Vancouver School Districts every other week.

63 Backpack Schools: 600-650 bags with 6-8 lbs. of non-perishable food are delivered on Thursdays. These bags alternate with the food boxes for Evergreen and Vancouver School Districts, but are delivered weekly to Battle Ground and Woodland School Districts, and EOCF Headstart locations. We also provide 35 'hotel' bags a week that are made up of foods that do not require a can opener or a kitchen to prepare. These include unaccompanied youth, families living in a car, children or families who are couch surfing, and many other situations in which a child or family might find themselves without a kitchen or utensils.

12 Fresh Food Pantries: 12 local schools receive fresh produce, dairy, eggs, and bread once per month. Share partners with the Clark County Food Bank to deliver fresh, nutritionally-dense food to under served populations in the community through school pantries.

Below is a list of most needed items to support these programs:

Bag Donations—With school doors closed, we are unable to retrieve the bags that are distributed each week. We have switched to purchasing single-use plastic bags. We recognize this is not an eco-friendly option, however it is a necessary cost-saving during this crisis. If you are able to donate bags (reusable or plastic), we would appreciate it.

- **Cereal** (preferably in bags instead of boxes)
- **Shelf stable milks** (dairy or non-dairy welcomed, 12oz or less preferred)
- **Fruit:** canned fruit, fruit cups, applesauce cups, dried fruit
- **Canned vegetables**
- **Canned** soup, beans, ravioli, chili, spaghetti sauce
- **Grains** (2 lb. pkg or smaller): pasta, rice, cereal, oatmeal, instant potatoes
- **Dry beans**
- **Boxed dinners:** macaroni & cheese, pasta sides, hamburger/tuna helper
- **Protein:** tuna, canned chicken, canned ham, other shelf-stable meats, peanut butter
- **Important food items for homeless students:** microwaveable meals, cup of soup, easy open tuna, trail mix, cereal, granola, protein bars, beef jerky, jelly, instant oatmeal, pudding cups, single serving items that are 'heat & eat', juice, water

Please make sure all food is unopened and not expired before donating.

Space in bags is limited so smaller items are preferred and allow us to pack more into each bag.

Bags are distributed to young children, so we do not include any glass—plastic jars and containers are preferred.