



**FOOD ITEMS**

- Canned Fish
  - Salmon, Sardines, Anchovies
- Healthy Snacks (Granola Bars, Seeds, Nuts, Dried Fruits)
- Canned Fruit or Fruit cups
- Canned Tomato Sauce (15-30 oz)
- Canned Diced Tomatoes
- Pasta (spaghetti, penne, elbow)
- Spaghetti sauce (cans or plastic jars only—no glass) (24 oz)
- Broth (canned or box)
- Canned Carrots, Mixed Vegetables, or Peas
- Pinto, Kidney, or Black Beans (canned or 1-lb dried bags)
- Ramen Noodles
- Cooking Oil
- Shelf Stable Milk (1 Qt.)
- Spices (Salt, Pepper)
- Condiments (Ketchup, Mayo, Mustard)

**NON-FOOD ITEMS**

- Feminine Hygiene (liners, pads)
- Bar soap
- Pull-ups (4T – 5T)
- Diapers Size 1, 2, 4, 5, and 6
- Baby wipes
- Toilet paper
- Paper towels
- Dish Soap
- Shampoo
- Toothbrushes (individually wrapped)
- Toothpaste (not travel size)
- New socks and new underwear (all sizes needed)

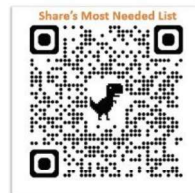
- Please remember:
  - **NO** GLASS jars or bottles
  - **NO** OVER-SIZED cans or bottles
  - **NO** OPENED items
  - **NO** EXPIRED items
- Low or no sodium items preferred
- Share can accept refrigerated and frozen food such as chicken, fresh produce, yogurt, cheese, and eggs but only by prior arrangement (email: [info@shareofmclean.org](mailto:info@shareofmclean.org)).

**Amazon Wish List**

[www.shareofmclean.org/amazon-wish-list](http://www.shareofmclean.org/amazon-wish-list)

Amazon Wish List





**Canned Fish  
(sardines, salmon, anchovies)**



**Healthy Snacks**



**Tomato**



**Pasta**



**Spaghetti Sauce  
(No Glass containers)**



**Cooking Oil**



**Spices**



**Beans**



**Broth**



**Condiments**



**Canned Vegetables**



**Fruits**



**Shelf Stable Milk (1 Qt.)**



## Share's Most Needed List



### Bar Soap



### Pull-ups (size 4T – 5T) & Diapers Size 1, 2, 4, 5 and 6



### Baby Wipes



### Toilet Paper (any brand)



### Feminine (Liners, Pads)



### Paper Towels (Single or multiple Rolls)



### Shampoo



### Toothbrush (ind. wrapped)



### Toothpaste (not travel size)



### Dish Soap



### New Socks (all sizes and genders)



### New Underwear (all sizes and genders)

