

## **SHARE: Most Needed Food & Personal Care Items** **- August 2022**

**Pasta / Spaghetti / Ramen noodles**  
**Canned beans (kidney, chickpea, black, etc)**  
**Vegetable oil (24 oz, 48 oz)**  
Cereal / oatmeal  
Canned fruit or fruit cups  
Canned tomato products (diced, sauce)  
Pasta sauce (cans or plastic jars)  
Canned vegetables (corn, mixed)  
Peanut butter / Jam / jelly  
Snacks/bars (granola bars, etc)  
Canned tuna/chicken



**Toilet paper**  
**Diapers - Size 4, Pull-Ups Size 4-5T**  
**Laundry detergent (15 – 32 loads)**  
Toothbrushes (individually wrapped)  
Toothpaste  
Baby wipes  
Shampoo  
Bar soap  
Feminine hygiene (panty liners -> maxi pads)

Note: Share would welcome re-usable grocery size bags, paper shopping bags with intact handles and plastic grocery bags (used but intact is ok).

Note: Share can now accept refrigerated and frozen goods such as chicken, fresh produce, yogurt, cheeses, and eggs but only by prior arrangement (sharevolunteers1367@gmail.com).

*Not needed at this time:* Share currently has ample supplies of Mac&Cheese, soup and Size 6 diapers.

***Please remember: NO GLASS, NO OVER-SIZED items, and no items past their best-if used by date.***