

**FOOD ITEMS**

- Canned Chicken (12.5 oz)
 - Canned Tuna (12 oz)
 - Canned Fruit (15-20 oz)
 - Canned Vegetables (corn, peas, and mixed – NO Green Beans) (14-20 oz)
 - Canned tomato products (sauce, diced) (15-30 oz)
 - Spaghetti sauce (cans or plastic jars only—no glass) (24 oz)
 - Peanut butter (16 oz.)
 - Canned beans (chickpeas, black beans, kidney beans only) (14-20 oz)
 - Pasta (elbow, penne, spaghetti, etc.)
 - Rice (1 lb. bag)
 - Oatmeal and Healthy snacks
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- 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
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- Share can accept refrigerated and frozen food such as chicken, fresh produce, yogurt, cheese, and eggs but only by prior arrangement (contact: info@shareofmclean.org).

NON-FOOD ITEMS

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

**** Support Share
Through Our NEW
AMAZON WISHLIST ****

Amazon Wish List





Canned chicken and Tuna (12 – 12.5 oz)



Canned Fruit (15 – 20 oz)



Canned Vegetables (14 – 20 oz) (Corn, Peas, Mixed) – NO GREEN BEANS



Canned Tomatoes (15-30 oz) (No glass containers)



Pasta Sauce (no glass containers)



Peanut Butter (16 oz)



Canned Beans (14-20 oz) (Chickpeas, Kidney & Black only)



Rice (1 lb.)



Pasta (Elbow, Penne, Spaghetti, etc.) (16 oz.)



Oatmeal box (6-18 count)



Granola Bars / Healthy snacks (4 ct – 15 ct)





Bar Soap



Pull-ups (size 4T – 5T) & Diapers Size 5 and 6



Baby Wipes



Toilet Paper (any brand)



Paper Towels (Single or multiple rolls)



Shampoo



Toothbrush (individually wrapped)



Toothpaste (not travel size)



New Socks (all sizes and genders)



New Underwear (all sizes and genders)

