





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
- Please remember:
 - NO GLASS jars or bottles
 - o NO OVER-SIZED cans or bottles
 - o NO OPENED items
 - NO EXPIRED items
- Low or no sodium items preferred

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)



 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).



Share's Most Needed List – September 2025



Canned chicken and Tuna (12 - 12.5 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.)



Rotini















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

Oatmeal box

(6-18 count)



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









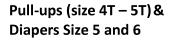
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Share's Most Needed List – September 2025



Bar Soap



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)



