

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



**Canned tuna/chicken**

**Canned beans (chickpea, black, kidney, etc)**

**Canned fruit or fruit cups**

Pasta / Spaghetti / Ramen noodles

Canned vegetables (corn, mixed)

Cereal / oatmeal

Canned tomato products (diced, sauce)

Pasta sauce (cans or plastic jars)

Peanut butter / Jam / jelly

Snacks/bars (granola bars, etc)

Vegetable oil (24 oz, 48 oz)

**Toilet paper**

**Diapers - Size 5, Pull-Ups Size 4-5T**

**Shampoo**

Laundry detergent (15 – 32 loads)

Toothbrushes (individually wrapped)

Toothpaste

Baby wipes

Bar soap

Feminine hygiene (panty liners -> maxi pads)

Note: Share would welcome re-usable grocery size bags, paper shopping bags with intact handles, plastic grocery bags (used but intact is ok), and empty egg cartons (1 dozen size).

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

*Not needed at this time:* Share currently has ample supplies of Mac&Cheese and canned soup.

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