

SHARE: Most Needed Food & Personal Care Items
****January 2023 ****

Food

Canned fruit

Pasta Sauce

Canned beans (chickpea/garbanzo bean and kidney)

Vegetable oil (24 oz, 48 oz)

Crackers

Oatmeal

Ramen Noodles

Canned tuna or chicken

Canned tomato products (diced, sauce)

Personal Care Items

Toilet paper

Diapers (Size 4-6)

Baby wipes

Shampoo

Bar soap

Laundry detergent (15 – 32 loads)

Feminine hygiene (panty liners -> maxi pads)



**** Most needed items are in bold ****

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

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