

## **SHARE: Most Needed Food & Personal Care Items**

**\*\* November 2022 \*\***



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

**Toilet paper**  
**Diapers - Size 4-6**  
**Shampoo**  
Baby wipes  
Laundry detergent (15 – 32 loads)  
Toothbrushes (individually wrapped)  
Toothpaste  
Bar soap  
Feminine hygiene (panty liners -> maxi pads)

**\*\* *Thanksgiving and holiday items welcome* \*\***

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.***