

**FOOD ITEMS**

- Canned chicken (12.5 oz)
- Canned fruit (15 – 20 oz)
- Canned vegetables (corn, peas, and mixed) * (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.)
- Jelly
- Canned beans (chickpeas, black beans, kidney beans)
- Pasta (elbow, penne, spaghetti, etc.)
- Rice (1 lb. bag)
- Healthy snacks

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)

*** Currently, we do not need green beans***

- 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
- Share can accept refrigerated and frozen food such as chicken, fresh produce, yogurt, cheese, and eggs but only by prior arrangement (email: info@shareofmclean.org).



Canned chicken (12.5 oz)



Canned Fruit (15 – 20 oz)



**Canned Vegetables (14 – 20 oz)
(Corn, Peas, Mixed)**



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



**Spaghetti/Pasta Sauce
(24 oz. - no glass containers)**



Peanut Butter (16 oz)



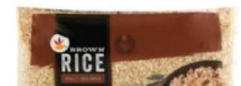
Jelly (no glass containers)



**Canned Beans
(Chickpeas, Black, Kidney)**



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)

