



### FOOD ITEMS

- Canned Fish
  - Salmon
  - Sardines
  - Anchovies
- Healthy Snacks
- Cooking Oil
- Shelf Stable Milk (1 Qt.)
- Spices
  - Salt
  - Pepper
- Condiments
  - Ketchup
  - Mayo
  - Mustard
  - Salad dressing (no glass bottles)

### NON-FOOD ITEMS

- Feminine Hygiene (liners, pads, tampons)
- Bar soap
- Pull-ups (4T – 5T)
- Diapers Size 1, 2, 5, and 6
- Baby wipes
- Toilet paper
- Paper towels
- Dish Soap
- Shampoo
- Toothbrushes (individually wrapped)
- Toothpaste (not travel size)
- New socks and new underwear (all sizes needed)

- 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 (contact: [info@shareofmclean.org](mailto:info@shareofmclean.org)).

### **Amazon Wish List**

[www.shareofmclean.org/amazon-wish-list](http://www.shareofmclean.org/amazon-wish-list)

Amazon Wish List





**Canned Fish**

(sardines, salmon, anchovies)



**Snacks**



**Cooking Oil**



**Spices**



**Condiments**

(Ketchup, Mustard, Mayo, Dressing)



**Shelf Stable Milk (1 Qt.)**





### Bar Soap



### Pull-ups (size 4T – 5T) & Diapers Size 1, 5 and 6



### Baby Wipes



### Toilet Paper (any brand)



### Feminine (Liners, Pads)



### Paper Towels (Single or multiple Rolls)



### Shampoo



### Toothbrush (ind. wrapped)



### Toothpaste (not travel size)



### Dish Soap



### New Socks (all sizes and genders)



### New Underwear (all sizes and genders)

