

**FOOD ITEMS**

- Canned Fish
 - Sardines, Anchovies
- Healthy Snacks (Granola Bars, Seeds, Nuts, Dried Fruits)
- Canned Fruit or Fruit cups (Pineapple, Peaches, or Mandarin Oranges)
- Canned Tomato Sauce (15-30 oz)
- Canned Diced Tomatoes
- Pasta (spaghetti, penne, elbow)
- Spaghetti sauce (cans or plastic jars only—no glass) (24 oz)
- Broth (canned or box)
- Canned Carrots, Mixed Vegetables, or Peas
- Kidney Beans (Canned or 1-lb Dried)
- Ramen Noodles
- Cooking Oil
- Shelf Stable Milk (1 Qt.)
- Spices (Salt, Pepper)
- Condiments (Ketchup, Mayo, Mustard)

NON-FOOD ITEMS

- Feminine Hygiene (liners, pads)
- Bar soap
- Pull-ups (4T – 5T)
- Diapers Size 1, 2, 4, 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 (email: info@shareofmclean.org).

Amazon Wish List

www.shareofmclean.org/amazon-wish-list

Amazon Wish List



Share's Most Needed List



Canned Fish (sardines, anchovies)



Healthy Snacks



Tomato



Pasta



Spaghetti Sauce (No Glass containers)



Cooking Oil



Spices



Beans



Broth



Condiments



Canned Vegetables



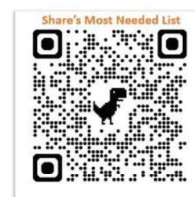
Fruits



Shelf Stable Milk (1 Qt.)



Share's Most Needed List



Bar Soap



Pull-ups (size 4T – 5T) & Diapers Size 1, 2, 4, 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)

