



### FOOD ITEMS

- Canned Fish
  - Salmon, Sardines, Anchovies
- Healthy Snacks (Granola Bars, Seeds, Nuts, Dried Fruits)
- Canned Tomato Sauce (15-30 oz)
- Spaghetti sauce (cans or plastic jars only—no glass) (24 oz)
- Broth (canned or box)
- Canned Carrots or Mixed Vegetables
- Canned Pinto Beans
- Ramen Noodles
- 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)
- 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 (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)**



**Healthy Snacks**



**Tomato Sauce  
(15-30 oz)**



**Spaghetti Sauce  
(No Glass containers)**



**Cooking Oil**



**Spices**



**Pinto Beans**



**Broth**



**Condiments  
(Ketchup, Mustard, Mayo, Dressing)**

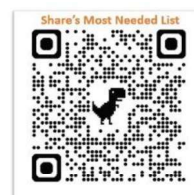


**Canned Vegetables**



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





**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)**

