

SHARE: Most Needed Food & Personal Care Items

**** December 2022 ****

Canned fruit
Canned tuna or chicken
Canned beans (chickpea or kidney)
Vegetable oil (24 oz, 48 oz)
Oatmeal
Ramen Noodles
Canned tomato products (diced, sauce)
Pasta sauce (cans or plastic jars)
Pasta / Spaghetti



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

**** Most needed items are in bold ****

**** Holiday items also 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.**