

## SHARE: Most Needed Items September 2023



### FOOD:

Cereal/oatmeal  
Canned tuna/chicken  
Canned corn  
Canned fruit or fruit cups  
Mac and Cheese  
Canned diced tomatoes  
Canned or dried beans (kidney, chickpea, pinto)  
Snacks/bars (granola bars, etc.)  
Jam/Jelly

### PERSONAL CARE ITEMS:

Diapers (Sizes 5-6)  
Adult Diapers  
Toilet Paper  
Feminine hygiene (panty liners -> maxi pads)  
Laundry detergent (20 – 40 loads)  
Deodorant

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*We currently have plenty of soup and green beans.*

*Please remember: NO GLASS, NO OVER-SIZED items, and no items past their "Best if Used By/Before" date.*

*Share would welcome re-usable grocery size bags, paper shopping bags with intact handles, and plastic grocery bags (used but intact).*

*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](mailto:sharevolunteers1367@gmail.com)).*