

SHARE: Most Needed Items November 2023



FOOD:

Canned tuna/chicken
Canned diced tomatoes
Canned corn
Canned fruit
Canned or dried beans (kidney, chickpea, pinto)
Macaroni and Cheese
Ramen Noodles
Cereal/oatmeal
Snacks/bars/crackers (granola bars, etc.)
Coffee/Tea

PERSONAL CARE ITEMS:

Diapers (Sizes 5 & 6)
Toilet paper
Paper Towels
Adult diapers
Laundry detergent (20 – 40 loads)
Feminine hygiene (panty liners -> maxi pads)
Toothbrushes (individually wrapped)
Toothpaste
Deodorant

**** Holiday items are also welcome ****

***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).**

***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).**