

Food Bank Shopping List

Drinks

- Milk (UHT or powdered)
- Tea bags/coffee
- Drinking chocolate
- Fruit juice (carton)
- Squash

Tinned foods including

- Meat/fish
- Fruit
- Vegetables
- Soup
- Baked beans
- Rice/
sponge pudding
- Custard (tinned or powdered)
- Tomatoes

Jars

- Pasta sauce

Dried foods

- Cereal
- Pasta/rice 1kg
- Instant mashed potato
- Sugar - 500g
- Biscuits or snack bars
- Jam/honey

Household/toiletries

- Toothpaste
- Toothbrushes
- Shampoo
- Soap/shower gel
- Sanitary products
- Toilet rolls
- Nappies

**Please ensure use by dates are at least 6 months ahead*