

# - SHOPPING LIST -

**Food in order of priority need:**

Tinned meat and fish  
Tinned vegetables and fruit  
Tinned potatoes and instant  
mash  
Rice pudding / custard  
Tea / instant coffee  
Tinned tomatoes  
Cereal  
Pasta sauce / curry sauce  
Rice  
Squash  
Tinned spaghetti  
Long life milk / fruit juice

Sweet and savoury biscuits  
Ketchup / Brown Sauce /  
Mayonnaise  
Jam / Marmalade

**Thank you for  
your support!**

**THIS  
WEEK WE  
PARTICULARLY  
NEED...**



## - OTHER ITEMS -

Deodorant / body spray  
Disposable razors / shaving

gel or foam

Wet wipes

Toothpaste / toothbrushes

Sudacrem or similar

Toilet rolls

Shampoo / shower gel

Moisturiser / hand cream

Sun cream

Tea lights

Men's & Ladies Underwear

Sock, Tops & Hoodies

Men's Jeans

Trainers

Sleeping bags, tents and roll  
mats

**How about donating a box  
of one item every month of the year?**

We are entirely volunteer ran charity providing food for local families in need who are referred to us through schools, and social services. We also run five soup kitchens a week, 52 weeks of the year.

Please help us by adding a few of the above items to your shopping today, as everything we provide is through donations.



Registered Charity Number: 1162039 (England & Wales)



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