

# Shopping List

Milk  
(UHT or powdered)  
Baked Beans (tin)  
Sugar (500g)  
Long life fruit juice  
Tins of Soup  
Pasta sauces  
Sponge pudding (tin)  
Tinned Tomatoes  
Breakfast cereals  
Tinned Rice pudding  
Tea Bags  
Jar of instant coffee  
Instant mash potato  
500gms Rice  
500gms Pasta  
Tinned meat/fish  
Tinned fruit  
Jar of Jam  
Packets of biscuits  
Snacks

Please help feed local people in crisis by buying items from our list and donating them to your nearest foodbank.

Thank  
you!

