



Please buy an item from the list and donate it to **The Food Bank**

**Long life juice**  
**Spaghetti (Tinned)**  
**Rice pudding (Tinned)**  
**Fruit (Tinned)**  
**Vegetables (Tinned)**  
**Long life milk**  
**Tuna (Tinned)**  
**Spread (e.g Jam)**  
**Biscuits**  
**Cup a soup**

Meat (Tinned)  
Tomatoes (Tinned)  
Baked beans (Tinned)  
Breakfast Cereal  
Dried pasta  
Dried rice  
Pasta sauce  
Tea bags  
Soup (Tinned)  
Sugar

**Most urgent items**

Thank you for your support  
Together we really can  
make a difference!

Part of Into the Community  
Registered Charity no. 1084287



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