

SHOPPING LIST



**We urgently need:
(small packets preferred)**

Milk (long life)

Juice/Squash

Sugar/Sweeteners

Tea/Coffee

Jam/Honey/Marmalade

Cereal/Oats/Porridge

Biscuits/Crackers

Cereal Bars

Instant Noodles

Cooking oil (1 Litre)

Rice/Pasta/Spaghetti

Pasta Sauce/Curry Sauce

Lentils (yellow/red)

Soup (tins/boxes)

Baked beans/Spaghetti Hoops

Chick Peas/Kidney Beans (tins)

Fruit & Vegetables (tins)

Stock Cubes (Vegetarian)

Tuna/Sardines (tins)

Salt/Pepper

Rice Pudding/Custard

Baby Milk/Baby Food/Nappies

**Food items must be
NON-PERISHABLE and IN-DATE**

Toiletries:

Shampoo/Soap/Toilet Roll

Toothbrush/Toothpaste

Hand-Wash/Washing-Up Liquid

Sanitary Products

Shaving Creams/Razors

