

Items to Donate:

Food

- ❖ Tinned Meat (Hotdogs, Meatballs Etc.)
- ❖ Tinned Fish
- ❖ Tinned Fruit
- ❖ Sponge/Rice Puddings
- ❖ Coffee (Small Jars)
- ❖ Long-Life Juice
- ❖ Pasta Sauce
- ❖ Tinned Veg (Potatoes, Carrots, Green Beans, Tomatoes)
- ❖ Tinned Meals (Spaghetti, Chicken Or Veg Curries, Chilli)
- ❖ Tinned Soup
- ❖ Jam And Spreads
- ❖ Microwave Rice
- ❖ Instant Mash Potato
- ❖ Breakfast Bars
- ❖ Peanut Butter
- ❖ Long Life Milk
- ❖ Biscuits (Including Penguins/Club Bars Or Similar)
- ❖ Chocolate
- ❖ Crisps



Essential non-food items

- ❖ Deodorant
- ❖ Toilet Paper
- ❖ Shower Gel
- ❖ Shaving Gel
- ❖ Shampoo
- ❖ Soap
- ❖ Toothbrushes
- ❖ Tooth Paste
- ❖ Hand Wipes
- ❖ Laundry Liquid Detergent
- ❖ Laundry Powder
- ❖ Washing Up Liquid
- ❖ Sanitary Towels
- ❖ Tampons
- ❖ Nappies
- ❖ Baby Wipes
- ❖ Baby Food

