

# Shopping List

Milk (UHT or powdered)  
Sugar (500g)  
Fruit juice (carton)  
Soup  
Pasta sauces  
Sponge pudding (tinned)  
Tomatoes (tinned)  
Cereals  
Rice pudding (tinned)  
Tea Bags/instant coffee  
Instant mash potato  
Rice/pasta  
Tinned meat/fish  
Tinned fruit  
Jam  
Biscuits or snack bar

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

Thank you!

