



Providing 3-days of nutritionally balanced emergency food to those in crisis

Items we are short of:

- Long life Fruit Juice
- Tinned Rice Pudding/ Custard
- Cooking Oil
- UHT Milk
- Tinned Fruit
- Tinned Meals eg. Chicken in sauce, chilli con carne
- Jam
- Noodles/ Rice
- Tinned Vegetables/ Pulses
- Pasta Sauce
- Long life Puddings
- Teabags (40's/80's/120's)
- Instant Coffee
- Tinned Beans / Tomatoes / Soup
- Biscuits, Snacks & Confectionery
- Toilet Roll
- Bags for Life (New or used)

PLEASE NOTE: We CANNOT distribute ALCOHOL, BOTTLED WATER or INFANT FORMULA

**ALL GOODS SHOULD BE UNDAMAGED & HAVE LONG "BEST BEFORE" DATES
PLEASE**

Thank you for your support!