

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



Items we are short of:

- Tinned Meat / Tinned Fish
- Tinned Vegetables/ Pulses
- Tinned Meat Meals eg. Chicken in sauce, chilli con carne
- Tinned Beans / Tomatoes
- Tinned Fruit
- Instant Coffee
- Noodles
- Rice
- Long-life Fruit Juice/ Squash
- UHT Milk
- Jam
- Cooking Oil

We would also appreciate:

- Christmas Biscuits, Confectionary, Snacks & Nibbles
- Iced Fruit Cake (Small), Long-life Puddings
- Sugar
- Toilet Roll / Toiletries/ Household & Cleaning
- Stock, Gravy, Condiments

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

ALL GOODS SHOULD BE UNDAMAGED, UNOPENED & HAVE LONG "BEST BEFORE" DATES AND IDEALLY NO MORE THAN 1KG IN WEIGHT PLEASE.

Thank you for your support!