



*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
- Instant Coffee
- Tinned Soup
- Snacks & Confectionery
- Bags for Life

**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!*