



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

## Items we are short of:

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

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

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

*Thank you for your support!*