



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

September / October 2023

Items we are short of:

- UHT milk
- Tinned Fruit
- Tinned Rice Pudding/ Custard
- Breakfast Cereals
- Tinned Meals eg. Chicken in sauce, chilli con carne
- Jam
- Noodles/ Rice
- Tinned Vegetables
- Pasta Sauce
- Long life Puddings
- Long life Fruit Juice
- Instant Coffee
- Cooking Oil
- Tinned Soup
- 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!