

\*Please ensure use by dates are at least 6 months ahead

### **Drinks**

- Milk (UHT or powdered)
- Tea bags/coffee
- Drinking chocolate
- Fruit juice (carton)
- Squash

### **Tinned foods including**

- Meat/fish
- Fruit
- Vegetables
- Soup
- Baked Beans
- Rice/sponge pudding
- Custard (tinned or powdered)
- Tomatoes

### **Jars**

- Pasta sauce

### **Dried foods**

- Cereal
- Pasta/ rice - 1kg
- Instant mashed potato

### **Dried foods**

- Sugar (500g)
- Biscuits or snacks bars

**Food Bank Shopping List**