



Shopping list

Please help feed local people in crisis by buying items from the list below and donating them to your nearest foodbank, thank you!

- Milk (UHT or powdered)
- Sugar (500g)
- Fruit juice (carton)
- Soup
- Pasta sauces
- Sponge pudding (tinned)
- Tomatoes (tinned)
- Cereals
- Rice pudding (tinned)
- Tea Bags/instant coffee
- Instant mash potato
- Rice/pasta
- Tinned meat/fish
- Tinned fruit
- Jam
- Biscuits or snack bars

The Trussell Trust foodbanks provides a minimum of three days non-perishable emergency food to local people in crisis. All food given out is donated by the local community. We work in partnership with frontline care professionals to identify people in need.

Thank you!



www.trusselltrust.org

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