

\*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**