



Can you help us provide emergency food for  
people in crisis?  
Please donate an item or two from the list below.

## Shopping List

- Small jars of coffee
- Teabags
- Sugar
- Longlife Juice
- Longlife Milk
- Biscuits
- Tinned Tomatoes
- Tinned Vegetables
- Tinned Fruit
- Tinned Meat / Fish
- Tinned Sponge Pudding
- Instant Mash
- Custard