



Shopping List 2017

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| Tinned pasta – e.g. macaroni
cheese, spaghetti hoops | Marmite |
| Tinned meat | Peanut butter |
| Tinned potatoes | Biscuits |
| Tinned tomatoes | Long life fruit juice |
| Tinned fruit | Ketchup/ mayonnaise |
| Tinned custard and rice pudding | Washing up liquid |
| Sponge puddings | Liquid laundry detergent |
| Coffee | Shower gel/bubble bath |
| Hot chocolate (with screw lids) | Shampoo & Conditioner |
| Sugar (0.5kg small bags please) | Bleach |
| Chocolate Spread | Toilet rolls |
| | Disposable razors |

Please consider that some of the food supplies will be stored dry and rodent proof for a few months before they will be used, so tinned goods, tetrapaks and screw lids preferable.

Food banks currently have plenty supplies of:

- Baked beans
- Cereal
- Pasta
- Tea
- Soup