



2025 Shopping List #1

If you are able to help, we urgently need more of the following:

FOOD & DRINK:

- Instant Mash
- Tinned Ham or Corned Beef
- Tinned 'Meals with Meat' such as Pies, Spag Bol, Chilli Con Carne
- Tinned Fruit
- Tinned Rice Pudding
- Fruit Juice - long-life
- Squash/soft drinks - small bottles
- Hot Chocolate
- Tinned Potatoes
- Tinned Tomatoes
- Instant Soup/Cup-a-Soup
- Sponge Puddings - long life
- Sugar - 500g/small packs
- Ketchup or Brown Sauce
- Instant Coffee - small jars/packs
- Evaporated Milk
- Dried Skimmed Milk Powder

TOILETRIES & HOUSEHOLD:

- Shampoo
- Deodorants for men or women
- Washing-up liquid
- Shaving Foam
- Nappies Size 7

THANK YOU for joining us to help stop UK hunger!

medway.foodbank.org.uk; 01634 757057
Registered Charity No: 1166505



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