



### Harvest '24 Shopping List

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

- Milk - UHT/long-life, semi or whole
- Instant Mash
- Tinned Potatoes
- Savoury Sauce - pasta or cook-in
- Tomato Passata
- Tinned Tomatoes
- Tinned Ham or Corned Beef
- Instant Soup/Cup-a-Soup
- Tinned Soup
- Tinned Spaghetti e.g. hoops
- Rice (plain) - small up to 1kg
- Gravy granules
- Tinned Fruit
- Tinned Rice Pudding
- Custard - 'just add water' powder
- Jam/Marmalade/Choc Spreads
- Peanut Butter
- Ketchup
- Fruit Juice - long-life
- Squash (drink) - small bottles
- Instant Coffee - small jars/packs
- Tea Bags
- Hot Chocolate
- Biscuits
- Sweet treats - chocs, sweets etc.
- Sugar - 500 g packs or smaller
- Toilet Rolls
- Washing-up Liquid
- Shower Gel
- Shampoo & Conditioner
- Liquid soap/hand wash
- Tampons
- Sanitary Towels
- Deodorants for men or women
- Toothbrushes
- Toothpaste
- Baby Wipes

**THANK YOU** for joining us to help stop UK hunger!

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



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