

### 2025 Shopping list #2

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

#### FOOD & DRINK:

- Pasta sauce
- Instant mash
- Tinned ham or corned beef
- Tinned 'meals with meat' such as pies, chilli or Bolognese
- Tinned fruit
- Fruit juice – long-life
- Squash/Soft drinks – small bottles
- Tinned potatoes
- Tinned tomatoes
- Instant soup/Cup-a-Soup
- Sugar – 500g/small packs
- Instant coffee
- Tinned vegetables

#### TOILETRIES & HOUSEHOLD:

- Shampoo
- Deodorant for men and women
- Washing-up liquid
- Shaving foam & razors

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

medway.foodbank.org.uk; 01634  
757057

Registered Charity No: 1166505

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