



Items can be purchased and donated at the two large Tesco stores (Gillingham and Strood) and two large Asda stores (Gillingham and Chatham), plus Co-op Walderslade and Morrison's Strood.

All items go into our stock as individual items – we do not give out whole donated 'hampers'. **THANK YOU FOR YOUR KIND HELP!**

<b>1</b> Tinned Fruit	<b>2</b> Instant Mash	<b>3</b> Custard - 'just add water' powder or ready-made	<b>4</b> Tinned Tomatoes	<b>5</b> Instant Soup/ Cup-a-Soup	<b>6</b> Deodorants - for women or men
<b>7</b> Tinned Potatoes	<b>8</b> Toothpaste and Toothbrushes	<b>9</b> Squash/soft drinks - small bottles	<b>10</b> Sponge or Christmas Puddings - non-alcoholic please	<b>11</b> UHT/Long-life Milk	<b>12</b> Sugar - 500g/small packs preferred
<b>13</b> Hot Chocolate	<b>14</b> Shampoo and Conditioner	<b>15</b> Plain Rice - small packs up to 1kg	<b>16</b> Tinned Spaghetti in Sauce e.g. hoops	<b>17</b> Tinned Rice Pudding	<b>18</b> Instant Coffee - small jars/packs
<b>19</b> Long-life Fruit Juice	<b>20</b> Gravy Granules	<b>21</b> Ketchup or Brown Sauce	<b>22</b> Spreads - Jam, Marmalade, Choc or Savoury	<b>23</b> Sweet treats - Chocolates, Sweets of Biscuits	<b>24</b> Tinned Ham or Corned Beef