

## **Printable Foodbank Shopping List ideas**

If anyone would like to help us, one or two items donated from the list below will be a great help, thank you!

The main items we need in particular are:

### **Always needed:**

- ☐ Tinned meat/fish
- ☐ Tinned vegetables
- ☐ Tinned fruit
- ☐ Rice pudding
- ☐ Milk (long life)
- ☐ Juice (long life)
- ☐ Tea bags (40s)
- ☐ Instant coffee
- ☐ Soup
- ☐ Strong carrier bags
- ☐ Pet Food (wet or dry dog/cat food)

### **Often needed:**

- ☐ Instant noodles
- ☐ Instant mash
- ☐ Tinned tomatoes / pasta sauce
- ☐ Cereal
- ☐ Savoury snacks
- ☐ Jams/spreads
- ☐ Chocolate
- ☐ Biscuits
- ☐ Sponge puddings
- ☐ "Free From" items (eg gluten free / dairy free)

Hygiene essentials and Toiletries are also gratefully received:

### **Hygiene essentials**

- ☐ Feminine hygiene
- ☐ Bladder control pads
- ☐ Toilet paper
- ☐ Cleaning sprays
- ☐ Laundry detergent pods

### **Toiletries**

- ☐ Soap
- ☐ Shampoo
- ☐ Conditioner
- ☐ Shower gel
- ☐ Deodorant
- ☐ Shaving Foam
- ☐ Toothpaste

**Thank you very much for your generosity and support!**

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