

## 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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