

YOU NAME IT!

Spell out your name to get suggestions of foodbank items to donate to us!



Eg. My name is Jacq so I will donate :

**Jam,
Apple Juice,
Carrots and
Quinoa!**

The types of foods we put in our food parcels are those that can be stored safely without a fridge or freezer; foods that come in packets, tins, jars or cartons are usually best. Use the helpful list if you get stuck for ideas!

What will you donate? Use the back of this sheet to write your name and find out!

You can bring the items to your collection point at school or eg. in your workplace staff room! When you have finished collecting items, your organiser can bring the donations to our Warehouse:

 **Chesterfield
Foodbank**
Together with Trussell

Unit 3

Carrwood Road Ind Est
Carrwood Road
Chesterfield, S41 9QB

Goods In open:
Tues, Thurs, Fri
9:30am - 12pm

A – Apple Juice
B – Baked Beans / Biscuits
C – Carrots (tinned) / Crackers / Cooking Sauce / Custard / Condiments / Crisps / Curry Sauce / Cat food / Cereal / Coffee
D – Dried pasta / diabetic friendly foods / Dilute Juice / Dog Food
E – Evaporated milk
F – Fruit juice / “Free from” items
G – Granola bars / Ginger biscuits / Gluten Free foods / Gravy granules
H – Honey / Halal foods
I – Instant coffee / Instant Noodles / Mash
J – Jam / Juice
K – Ketchup
L – Lentils
M – Meat (tinned) / Mash / Maple syrup / Mushy Peas / Meatballs
N – Noodles / Nappies
O – Oil / Oats / Orange Juice
P – Peanut butter / Pasta / Peas (tinned) / Pasta Sauce / Pet Food / Puddings
Q – Quinoa (dried)
R – Rice / Rice Pudding / Ravioli
S – Soup / Sponge puddings / Sauces / Snacks / Shampoo / Spaghetti hoops / Squash / Stock cubes
T – Tuna (canned) / Tinned tomatoes / Tinned veg / fruit / Toothpaste / Tea-bags
U – Unsweetened products
V – Vegetable soup / Vegetables (tinned) / Vegan foods / Vegetarian foods
W – Wheat crackers / Wholewheat pasta / Worcester Sauce
X – Wildcard – Choose your own item!
Y – Yeast Extract eg Marmite / Yeast for baking / Yellowfin Tuna
Z – Zwieback (Crackers / Melba toast / Rusks)

THANK YOU VERY MUCH!

Charity reg no. 1174426