



## Sept/Oct '21 Shopping List

We currently need the following items - your help in meeting the needs of others is appreciated.

- Tinned Tomatoes and Passata
- Instant mash
- Milk - UHT/long-life
- Dried Milk
- Plain Rice
- Pouches of flavoured rice, pasta or noodles and 'Super Noodles'

- Sauce for pasta or cook-in sauce
- Tinned potatoes
- Tinned spaghetti in sauce
- Tinned fruit
- Fruit Juice - UHT/long-life only
- Squash/soft drinks
- Tea Bags - small boxes
- Instant coffee - small jars/packs
- Hot chocolate powder
- Desserts e.g. Angel Delight, Jelly
- Sponge Puddings
- Tinned rice pudding
- Spreads - sweet (eg jam) and savoury (eg peanut butter)
- Savoury snacks (crackers, crisps)
- Sweet treats (chocs, sweet snacks)
- Gravy granules/stock cubes
- Sugar - 500 grm packs preferred
- Shower Gel
- Razors and shaving foam
- Soap - bars or liquid
- Feminine hygiene/sanitary products
- Hair conditioner

We **CURRENTLY PREFER NOT TO RECEIVE** more:

baked beans, pasta, and tinned soup.

**THANK YOU** for joining us to help stop UK hunger! Your support makes a difference.

Medway Foodbank  
info@medway.foodbank.org.uk  
01634 757057

Registered Charity No: 1166505



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