



Sept-Oct and Harvest '22 Shopping List

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

- Milk - UHT/long-life, semi or whole
- Dried Milk Powder
- Instant Mash
- Sponge Puddings
- Tinned Fruit
- Jam, marmalade, choc spreads
- Peanut butter, meat/fish paste
- Tinned meat e.g. ham, corned beef
- Tinned Tomatoes
- Cook-in and Pasta Sauces
- Rice
- Custard - ready-made
- Long Life Fruit Juice
- Squash
- Instant Coffee - small jars/packs
- Hot Chocolate powder
- Evaporated milk
- Sugar - 500g/small packs
- Ketchup
- Shampoo
- Deodorants
- Toilet Roll
- Shaving Foam
- Washing-up liquid
- Laundry capsules
- Nappies - sizes 5+, 6 and 6+

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
<https://medway.foodbank.org.uk>
01634 757057
Registered Charity No: 1166505



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