

#### 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 Redistered Charity No: 1166505





### 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





### 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





Sept-Oct and Harvest '22

Shopping List

We currently need the following

items - your help in meeting the

needs of others is appreciated.

Jam, marmalade, choc spreads

• Peanut butter, meat/fish paste

· Instant Coffee - small jars/packs

Cook-in and Pasta Sauces

• Custard - ready-made

· Hot Chocolate powder

· Sugar - 500g/small packs

Evaporated milk

Lona Life Fruit Juice

• Tinned meat e.g. ham, corned beef

Dried Milk Powder

Sponge Puddings

Tinned Tomatoes

Instant Mash

Tinned Fruit

Rice

Squash

Ketchup

Shampoo

Toilet Roll

Deodorants

Shaving Foam

**RECEIVE** more:

Washing-up liquid

Laundry capsules

Nappies - sizes 5+, 6 and 6+

We CURRENTLY PREFER NOT TO

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

trussell

trust

Milk - UHT/long-life, semi or whole