

***Shopping list for the food bank***

Milk (UHT or powdered)  
Sugar (500g)  
Fruit juice (carton)  
Soup  
Pasta sauces  
Sponge pudding (tinned)  
Tomatoes (tinned)  
Cereals  
Rice pudding (tinned)  
Tea bags/instant coffee  
Instant mash potato  
Rice/pasta  
Tinned meat/fish  
Tinned vegetables  
Tinned fruit  
Jam  
Biscuits or snack bars

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