



## FOODBANK SHOPPING LIST

December 2017

**PLEASE DO NOT DONATE ITEMS CONTAINING ALCOHOL – THANK YOU**

### Urgently Needed

#### Food

- Tinned or Microwaveable Sponge Puddings
- Packets of Instant Mash
- Jam
- Long Life Juice – NOT fresh please
- Sugar
- Chocolate Biscuit Bars: e.g. Kit Kat; Penguin; Rocky etc.

Underlined items are in very short supply

#### Non Food Items

- Toothpaste
- Washing up Liquid
- Laundry liquitabs/tablets
- Shampoo
- Loo Rolls

**Please do not donate FRESH food items. Also, check that your donation is well inside its use-by date. We cannot distribute out of date food.**

### Always needed

#### Food

- Tinned Custard
- Tinned Spaghetti
- Tinned Vegetables – NOT sweetcorn
- Tinned Tomatoes
- Jars of Pasta Sauce
- Chocolate – bars/sweets
- Cereal Bars
- Cereal
- Biscuits
- Tinned/Packet Soup – meat
- Tinned/Packet Vegetable Soup
- Tinned Fruit
- Tea Bags – 40's or 80's - NOT 240/260/280's please
- Long Life UHT Milk – NOT evaporated please
- Tinned Fish –preferably not tuna please
- Pasta – 500gm

- Tinned Meat – hot: e.g. mince; stewing steak
- Tinned Meat – cold: e.g. Spam: ham – NOT corned beef please

#### Additional Items

- Deodorant
- Feminine Hygiene
- Men's Toiletries
- Shower Gel
- Toothbrushes
- Liquid Hand Soap
- Dog/Cat food
- Strong Carrier bags

Items definitely **NOT** needed at present, as we have a plentiful supply:

- Baked Beans
- Coffee

- We are grateful for all donations but especially the shortfall items – some in short supply
- Please take your donation to one of our many collection points in supermarkets and churches. See our website for a complete list.



<http://newark.foodbank.org.uk/>