

SUGGESTED GROCERY LIST

All items are gratefully received but this is a general guide to the type of products which are required

Baked beans
Tinned tomatoes
Spaghetti
Tinned vegetables
Tinned soup including Heinz big soup
Jar pasta sauce
Tinned fish
Tinned meat
Pot noodles/instant noodles/instant rice
Small bags sugar
Small jars coffee
Tea bags in small quantities
Long life products e.g. milk, fruit juice/squash
Pasta
Rice
Couscous
Tinned rice pudding
Tinned fruit
Cooking oil
Crackers and Rice cakes
Packets of biscuits
Packets choc biscuits e.g. Penguins, Club
Small packets cereal/porridge

Washing up liquid
Soap
Washing powder/liquid /in tablet form
Toothpaste