



## Suggested Grocery List



## Suggested Grocery List

|  |  |
|--|--|
| <p><b>Tins:</b></p> <ul style="list-style-type: none"> <li>• Tuna/sardines</li> <li>• Meat-pies/hot dogs/stew etc</li> <li>• Fruit</li> <li>• Custard</li> <li>• Rice pudding</li> <li>• Potatoes</li> <li>• Vegetables</li> <li>• Spaghetti</li> <li>• Soup</li> <li>• Tomatoes</li> <li>• Beans with sausages etc</li> </ul> | <p><b>Packets:</b></p> <ul style="list-style-type: none"> <li>• Biscuits – any kind</li> <li>• Pasta ‘n’ sauce</li> <li>• Cereal</li> <li>• Fruit juice (long life)</li> <li>• Rice</li> <li>• Long Life Milk</li> <li>• Porridge</li> <li>• Pot/Instant Noodles</li> <li>• Tea bags (small qty)</li> <li>• Sugar (small bags)</li> <li>• Instant noodles</li> </ul> |
| <p><b>Jars/Bottles:</b></p> <ul style="list-style-type: none"> <li>• Pasta Sauce (Bolognese)</li> <li>• Squash</li> <li>• Coffee (small)</li> </ul>  | <p><b>Other items:</b></p> <ul style="list-style-type: none"> <li>• Tin openers</li> <li>• Toilet rolls</li> <li>• Toiletries</li> <li>• Cleaning products</li> </ul>  |

|  |  |
|--|--|
| <p><b>Tins:</b></p> <ul style="list-style-type: none"> <li>• Tuna/sardines</li> <li>• Meat-pies/hot dogs/stew etc</li> <li>• Fruit</li> <li>• Custard</li> <li>• Rice pudding</li> <li>• Potatoes</li> <li>• Vegetables</li> <li>• Spaghetti</li> <li>• Soup</li> <li>• Tomatoes</li> <li>• Beans with sausages etc</li> </ul> | <p><b>Packets:</b></p> <ul style="list-style-type: none"> <li>• Biscuits – any kind</li> <li>• Pasta ‘n’ sauce</li> <li>• Cereal</li> <li>• Fruit juice (long life)</li> <li>• Rice</li> <li>• Long Life Milk</li> <li>• Porridge</li> <li>• Pot/Instant Noodles</li> <li>• Tea bags (small qty)</li> <li>• Sugar (small bags)</li> <li>• Instant noodles</li> </ul> |
| <p><b>Jars/Bottles:</b></p> <ul style="list-style-type: none"> <li>• Pasta Sauce (Bolognese)</li> <li>• Squash</li> <li>• Coffee (small)</li> </ul>  | <p><b>Other items:</b></p> <ul style="list-style-type: none"> <li>• Tin openers</li> <li>• Toilet rolls</li> <li>• Toiletries</li> <li>• Cleaning products</li> </ul>  |

## About CHAT (Churches Housing Action Team)

Established in 1995, CHAT helps anyone in housing need in Mid Devon to gain access to decent, secure and affordable accommodation and to make positive changes through continuing support.

CHAT does this by providing  
Housing Advice and Tenancy Support

Alongside this, we have been providing emergency food for nearly 12 years. Food parcels are given to our clients, and those referred to us by outside agencies.

### Why are food parcels needed?

- Delay in benefits
- Changes to benefits
- Between jobs
- Fluctuating agency work
- High cost of utilities
- Fuel poverty
- Unexpected financial crisis
- Homelessness



Registered Charity No:  
1049478

We consistently help about 75 households every month.

With changes to benefits and no end in sight to the financial crisis, demand is very likely to increase.

*CHAT's services are a vital resource for the local community, helping to make the communities of Mid Devon better places for everyone.*

By donating food, you help us ease the burden on over-stretched lives

01884 255606

E-theoffice@chatmid.co.uk

[www.chatmid.org](http://www.chatmid.org)

## About CHAT (Churches Housing Action Team)

Established in 1995, CHAT helps anyone in housing need in Mid Devon to gain access to decent, secure and affordable accommodation and to make positive changes through continuing support.

CHAT does this by providing  
Housing Advice and Tenancy Support.

Alongside this, we have been providing emergency food for nearly 12 years. Food parcels are given to our clients, and those referred to us by outside agencies.

### Why are food parcels needed?

- Delay in benefits
- Changes to benefits
- Between jobs
- Fluctuating agency work
- High cost of utilities
- Fuel poverty
- Unexpected financial crisis
- Homelessness



Registered Charity No:  
104947

We consistently help about 75 households every month.

With changes to benefits and no end in sight to the financial crisis, demand is very likely to increase.

*CHAT's services are a vital resource for the local community, helping to make the communities of Mid Devon better places for everyone.*

By donating food, you help us ease the burden on over-stretched lives

01884 255606

E-theoffice@chatmid.co.uk

[www.chatmid.org](http://www.chatmid.org)