



# What food items do they need?

## Non-perishable food items:

- Tinned Fruit
- Tinned tomatoes
- Cartons of fruit juice
- UHT or powdered milk
- Tinned rice pudding
- Biscuits (sweet and savoury)
- Jars of pasta sauce
- Dried pasta
- Cereals

- Cans of beans
- Tea bags
- Instant Coffee
- Tinned meat
- Tinned fish
- Sweet treats for Christmas

## Toiletries:

- Shower gel
- Shampoo
- Toothbrushes
- Toothpaste
- Toilet rolls
- Sanitary towels
- Deodorant