

### The items most needed

Sugar  
Tinned Rice  
Tinned Fish  
Tinned fruit  
Tinned potatoes  
Tinned spaghetti  
Tinned meat and pies  
(NO corned beef or luncheon meat)  
Long-life milk  
Coffee - small and medium jars  
Instant mash potato  
(packets and medium boxes)  
Pasta sauce  
Sponge Puddings  
Jam and Marmalade  
Packets of biscuits  
Savoury crackers  
Sweets and choc. bars  
Kitchen roll  
Washing up liquid  
Washing tablets  
Nappies Size 6 and larger

Items can be delivered to our warehouse  
in Beehive Lane at any time

[www.chelmsford.foodbank.org.uk](http://www.chelmsford.foodbank.org.uk)

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## CHELMSFORD FOODBANK

### JULY SHOPPING LIST

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Sugar  
Tinned Rice  
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Tinned fruit  
Tinned potatoes  
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Tinned meat and pies  
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Coffee, small and medium  
Instant mash potato  
(packets/medium boxes)

Pasta sauce  
Sponge Puddings  
Jam and Marmalade  
Packets of biscuits  
Savoury crackers  
Sweets and choc. bars

Kitchen roll  
Washing up liquid  
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