



Shopping List December 2022

Emergency food for people in crisis

Thank you for continuing to support us through these difficult times.
The items most needed at present are:

- Coffee - small and medium jars**
- UHT milk**
- Long life fruit juice**
- Bottle of squash**
- Tinned meat - eg chicken in sauce, curry, spag bol, hot dogs, meat balls**
- Food that can be microwaved (ie not oven cooked)**
- Tinned veg**
- Pasta sauce (we have sufficient pasta)**
- Tinned potatoes**
- Instant mashed potatoes**
- Tinned fruit**
- Sponge puddings (not refrigerated)**
- Tinned/instant custard sachets**

- Washing up liquid**
- Laundry tabs/pods (not powder or liquid please)**

Items can be delivered to our warehouse at
450A Beehive Lane CM2 8RN

www.chelmsford.foodbank.org.uk

For updates, follow us on Facebook and Twitter

info@chelmsford.foodbank.org.uk 07512 574 542



Chelmsford Foodbank is overseen by The River Church Chelmsford Ltd, a company limited by guarantee.
Registered in England number: 7685257. Registered charity number: 1144804.

CHELMSFORD FOODBANK

DECEMBER SHOPPING LIST

Thank you for continuing to support us.
The items most needed at present are:

Coffee - small and medium jars
UHT milk

Long life fruit juice

Bottle of squash

Tinned meat - eg chicken in sauce,
curry, spag bol, hot dogs, meat balls

Food that can be microwaved
(ie not oven cooked)

Tinned veg

Pasta sauce (we have sufficient pasta)

Tinned potatoes

Instant mashed potatoes

Tinned fruit

Sponge puddings (not refrigerated)
Tinned/instant custard sachets

Washing up liquid

Laundry pods/tabs

(not powder or liquid)

Items can be delivered to our warehouse
450A Beehive Lane CM2 8RN

www.chelmsford.foodbank.org.uk

for updates follow us on
Facebook and Twitter

CHELMSFORD FOODBANK

DECEMBER SHOPPING LIST

Thank you for continuing to support us.
The items most needed at present are:

Coffee - small and medium jars
UHT milk

Long life fruit juice

Bottle of squash

Tinned meat - eg chicken in sauce,
curry, spag bol, hot dogs, meat balls

Food that can be microwaved
(ie not oven cooked)

Tinned veg

Pasta sauce (we have sufficient pasta)

Tinned potatoes

Instant mashed potatoes

Tinned fruit

Sponge puddings (not refrigerated)
Tinned/instant custard sachets

Washing up liquid

Laundry pods/tabs

(not powder or liquid)

Items can be delivered to our warehouse
450A Beehive Lane CM2 8RN

www.chelmsford.foodbank.org.uk

For updates follow us on
Facebook and Twitter

CHELMSFORD FOODBANK

DECEMBER SHOPPING LIST

Thank you for continuing to support us.
The items most needed at present are:

Coffee - small and medium jars
UHT milk

Long life fruit juice

Bottle of squash

Tinned meat - eg chicken in sauce,
curry, spag bol, hot dogs, meat balls

Food that can be microwaved
(ie not oven cooked)

Tinned veg

Pasta sauce (we have sufficient pasta)

Tinned potatoes

Instant mashed potatoes

Tinned fruit

Sponge puddings (not refrigerated)
Tinned/instant custard sachets

Washing up liquid

Laundry pods/tabs

(not powder or liquid)

Items can be delivered to our warehouse
450A Beehive Lane CM2 8RN

www.chelmsford.foodbank.org.uk

For updates follow us on
Facebook and Twitter