



# Shopping List Autumn 2023

Emergency food for people in crisis

Thank you for your continued support  
These items are most needed at present:

- Small jars coffee**
- Long life fruit juice**
- Instant mash potato sachets**
- Meat meals—eg chicken/beef in sauce**
- Sponge puddings—not chilled**
- Instant custard sachets**
- Tinned rice pudding**
- Tinned fruit**
- Chocolate biscuit bars and crisps**
- Fruit squash**
- UHT milk**

***Toiletries:***

- Ladies' deodorant**
- Shampoo**
- Handwash**
- Toothpaste**
- Laundry tabs/pods (only)**
- Washing up liquid**

We have sufficient pasta and baked beans, thank you

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

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

For updates, follow us on Facebook and Twitter

[info@chelmsford.foodbank.org.uk](mailto:info@chelmsford.foodbank.org.uk) 07512 574 542



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Registered in England number: 7685257. Registered charity number: 1144804.

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