



Emergency food for people in crisis

## Shopping List Christmas 2023

Thank you for your continued support this Christmas – please donate as early as possible!

**Tinned ham**  
**Tinned salmon**  
**Tinned meat meals**  
**Tinned vegetables and potatoes**  
**Packets instant mash**  
**Bottles of squash**  
**Long life fruit juice**  
**UHT milk**  
**Tea bags 40s and 80s**  
**Coffee jars–small and medium**  
**Hot chocolate**  
**Tinned fruit**  
**Tinned/instant packets of custard**  
**Jelly**  
**Cereal**  
**Boxes of chocolates and biscuits**  
**Savoury biscuits**  
**Crisps, snacks, sweets and treats**  
**Iced Christmas cake**  
**Flour and baking items**  
**Cooking oil**  
**Ketchup and mayo**  
**General toiletries**

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  
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