



## Shopping List Harvest/autumn 2024



Emergency food for people in crisis

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

Tinned meat meals  
Tinned fish  
Tinned vegetables and tomatoes  
Tins of soup  
Rice  
Instant mashed potato sachets  
Tinned pulses  
Pasta sauce  
Ketchup and mayo  
UHT milk  
Long-life fruit juice and fruit squash  
Tea bags—40s/80s and small jars instant coffee  
Cereal  
Tinned fruit  
Sponge puddings and tinned rice pudding  
Instant custard sachets  
Jam and spreads  
Chocolate bars eg Kitkat /cereal bars/crisps  
All toiletries: shower gel, shampoo,  
deodorant, handwash, toothpaste,  
toilet rolls, washing up liquid, laundry tabs/pods  
Nappies sizes 4 to 7  
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

[info@chelmsford.foodbank.org.uk](mailto: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.

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