



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

Small jars instant coffee and hot chocolate
Long-life fruit juice and fruit squash
Tinned meat meals
Tinned fish
Instant mashed potato sachets
Tinned vegetables, potatoes and tomatoes
Tinned pulses, tinned spaghetti, tinned soup
Rice
Pasta sauce
Ketchup and mayo
Cooking oil
UHT milk
Tinned fruit
Sponge puddings and tinned rice pudding
Instant custard sachets and tinned custard
Jam and spreads
Packets of biscuits
Chocolate biscuit bars/cereal bars/sweets/savoury crackers
All toiletries inc: washing up liquid, toilet rolls, deodorant,
shower gel, shampoo, conditioner, shaving foam,
laundry tabs/pods Nappies sizes 5 to 7

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

www.chelmsford.foodbank.org.uk

See also weekly Top 5 most needed items updates on Facebook