

Shopping List for HARVEST 2019

Tinned food

Fish

Fruit

Meat

Custard

Potatoes

Spaghetti

Tomatoes

Rice Puddings

Sachets

Mash

Soup

Pasta

Custard

Packets

Rice

Biscuits

Sponge Puddings

Other

Fruit Squash

Long life Milk

Chocolate Treats

Long life Fruit Juice

Jam/Honey/Spreads

Non-Food stuff

Shampoo

Handwash

Shower Gel

Deodorants

Tin Openers

Tooth Brushes

Washing up Liquid

Washing powder & liquid

Additional items

Printing paper

Permanent markers

Ball point/gel pens

Thank you for your generosity, and thank you on behalf of all the families in food poverty who receive your gifts.

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www.chelmsford.foodbank.org.uk

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