

How you can help - Shopping List

If you can help, here is a Shopping List of suggestions to take to the Supermarket next time and perhaps buy an item or two...

Milk (UHT or powdered)

Sugar

Tea bags

Instant coffee

Soup

Pasta

Rice

Pasta sauces

Tinned tomatoes / Vegetables / Baked beans

Tinned meat / fish

Instant mash

Tinned fruit

Tinned rice pudding

Tinned sponge pudding

Jelly / Angel delight

Jam

Cereals

Biscuits / Snack bars

Toilet Rolls

Soap

Toothpaste

Toothbrushes

Shampoo