

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

Instant coffee

Soup

~~Tea bags~~

~~Pasta~~

~~Baked Beans~~

Rice

Pasta sauces

Tinned tomatoes / Vegetables

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