



# Shrublands Trust Food Bank

## Items needed for October 2020

Please make sure donations have a shelf life of at least six months

Donated goods can be brought to the shop on: Mondays 09:00 – 12:00 or Thursdays 12:00 – 15:00  
or popped into the collection box at the Shirly CO- OP: Wickham Road

Thanks to your generosity our stock of SOUP is high!

*thank you!*

- Cooking Oil
- Baked beans
- Biscuits, savoury
- Biscuits, sweet
- Cakes
- Cereal bars
- Cereals
- Chickpeas/beans/peas...
- Coffee
- Cream Crackers
- Crisps, baked
- Custard
- Drinking chocolate
- Drinks, bottles/tins/cartons
- Evaporated Milk
- Fish paste
- Fish, preferably in water
- Flour
- Fruit Juice
- Fruit squash
- Fruit, in fruit juice or dried
- Garlic puree
- Ground pepper
- Herbs
- Nuts, non-salted
- Pasta
- Pasta sauces
- Peanut butter
- Porridge
- Potatoes, tin/Instant mash
- Pulses
- Rice pudding
- Rice
- Conditioner
- Deodorant
- Laundry tablets
- Razors, men's
- Sanitary towels
- Shampoo
- Shower gel
- Soap
- Soap powder
- Tampons
- Toilet rolls
- Toiletries
- Toothbrushes
- Toothpaste
- Washing up liquid