



Linking those with enough to those in need

TINNED / JAR FOOD	DRIED FOOD
<ul style="list-style-type: none"> • Baked Beans • Fish • Meals e.g. Chicken Curry, Chilli Con Carne, Irish Stew • Meat e.g. Corned Beef, Hot-Dogs, Ham • Soup • Spaghetti • Macaroni cheese • Pasta sauce • Tomatoes • Vegetables e.g. Carrots, Peas, Sweetcorn • Potatoes • Fruit • Custard • Rice Pudding 	<ul style="list-style-type: none"> • Packet mashed potato • Cup-a-Soups • Dried Pasta (500g) • Dried Rice (500g) • Noodles • Packet Pasta Meals • Pot meals (noodles etc)

OTHER FOOD	BEVERAGES
<ul style="list-style-type: none"> • Biscuits • Breakfast Cereals (up to 500g size) • Cereal Bars • Jam, honey, marmalade, chocolate spread • Savoury crackers 	<ul style="list-style-type: none"> • Tea bags (80 bag box) • Coffee (instant 100g) • Fruit juice (1 litre cartons or small cartons for children) • Squash (1 litre size)