



mkfoodbank.org.uk

office@mkfoodbank.org.uk

Shopping List

- ☒ Tinned Meat
- ☒ Tinned Fish
- ☒ Tinned Pulses
- ☒ Tinned Fruit
- ☒ Tinned Tomatoes
- ☒ Long Life Milk
- ☒ Juice or Squash
- ☒ Spreads – Jams, Peanut Butter
- ☒ Tea
- ☒ Tinned Pasta
- ☒ Tinned Veg
- ☒ Pasta Sauce
- ☒ Dried Rice – 500g or 1kg packets
- ☒ Rice Pudding/Custard
- ☒ Cereal
- ☒ Biscuits
- ☒ Soup
- ☒ Loo Roll

