

Please note we are unable to include fresh or chilled foods in the parcels. We welcome tinned and dried food stuffs

The list below is a guideline for you

Cereal  
Soup-can/packet  
beans/spaghetti in sauce  
tinned tomatoes  
tinned meats-pies, coned beef ham spam etc  
tinned fish-tuna salmon sardines etc  
tinned vegetarian /pulses  
Tinned and pkt potatoes eg smash  
tinned vegetables  
pasta and sauces meat and veg  
rice and sauces meat and veg  
steam puddings and custard  
tinned fruit, evap milk/cream  
rice pudding  
biscuits  
preserves eg jam choc /peanut spread  
tea /coffee  
sugar  
milk uht and powder  
squash/juice  
treats eg chocolate  
snacks eg crisps  
basic toiletries  
toothpaste  
washing powder  
toilet roll  
nappies/wipes