



Upper Eden Food Bank Shopping List

Tea bags/Instant Coffee (med)
Milk (1 ltr Full fat or semi-skimmed UHT)
Pasta sauces (Jars or sachets)
Fruit juice (1 Ltr carton UHT)
Fruit squash (1 Ltr)
Biscuits or snack bars
Tinned meat
Tinned fish
Cereals/Porridge (Med size boxes)
Tinned fruit
Tinned vegetables
Instant Mash Potato
Soup (Tinned or packet)
Tinned Rice pudding
Sugar 500gm or 1kg
Jam (Not homemade)
Pasta (Medium bags of dried pasta)
Baked beans
Tinned chopped tomatoes

We are not allowed to accept homemade preserves