

**HELP BY DONATING AN ITEM OR TWO FROM  
OUR SHOPPING LIST TO ENSURE WE CAN  
PROVIDE FOOD TO PEOPLE IN CRISIS.**

## **SHOPPING LIST** **TOP TEN ITEMS**

Long Life Fruit Juice

UHT/Powdered Milk

Sugar (500g)

Tinned Fruit

Tinned Puddings

Coffee

Tinned Fish

Tinned Meat

Tinned Tomatoes

Instant Mash

+ Carrier Bags!

*Don't forget...*

*You can help transform  
more lives with a financial  
donation too.*