



Please donate an item or two from the list to help local people left without enough money to live on.

Shopping list

Tinned meat/fish

Tinned veg/fruit

Cooking sauces

Coffee/tea

Milk (UHT or powdered)

Cuppa Soup

Fruit juice (long-life)

Tinned pudding

Biscuits

Instant mashed potato

www.rugby.foodbank.org.uk

Registered Charity in England & Wales (1126487).
Registered Charity in Scotland (06614898).



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Shopping list

Tinned meat/fish

Tinned veg/fruit

Pkt snack meals

Coffee/tea

Rice

Biscuits

Fruit juice (long-life)

Shampoo/conditioner

Jam/honey

Dried red lentils

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Shopping list

Tinned meat/fish

Tinned snack meals

Cooking sauces

Custard

Tinned tomatoes

Rice

Squash

Tinned pudding

Pot noodles

Cooking oil

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Please donate an item or two from the list to help local people left without enough money to live on.

Shopping list

Tinned meat/fish

Cream crackers

Tinned soup

Hot chocolate

Milk (UHT or powdered)

Shower gel

Washing up liquid

Flour

Instant mashed potato

Tinned tomatoes

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Our food bank:

1. Provides emergency food and practical support to local people in their hardest moments.
2. Works with local partners to get people the right help, so they're less likely to need the food bank again.
3. Is part of a UK-wide community of food banks, working together with Trussell to ensure no one needs a food bank to survive.



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Scan QR code
To find out more
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and to make a
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