



SEPTEMBER AND OCTOBER 2020 Donation Guide

The next collection dates are Saturday and Sundays 9 am to 6 pm
26th and 27th September, 24th and 25th October

PLEASE NOTE: FOR THE NEXT COLLECTIONS THE FOODBANK HAVE SPECIALLY REQUESTED THAT WE GIVE PRIORITY TO THE HIGHLIGHTED ITEMS BELOW

- ✓ Instant packets of cup of soup
- ✓ Tinned ham & corned beef
- ✓ Tinned potatoes & smash
- ✓ Meals in tins - ravioli, chilli con carne, curries
- ✓ Tins of - Spaghetti in tomato sauce, Macaroni cheese
- ✓ Instant packets of noodles, pasta and rice
- ✓ Tinned rice pudding & custard

- ✓ Small bottles of squash
- ✓ Cereal bars & crisps
- ✓ Small bottles of washing up liquid

Toiletries

- ✓ Men & women's deodorant
- ✓ Bio laundry tablets

Also required:

- Meat pies
- UHT whole and semi skimmed milk
- Tin spaghetti and sausages
- Juice
- Tinned vegetables
- Instant packets of cous cous
- Spreads – jam and peanut butter marmite

- Vegetarian foods
- Coffee, tea, hot chocolate, sugar.
- Jars of pasta sauce
- Cereals, sweet & chocolate biscuits
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- Tinned fruit, sponge puddings,

Cleaning and toiletries

- Household cleaners, spray polish
- Toothpaste, toothbrushes, bars of soap
- Ladies personal toiletries, toilet rolls
- Nappies size 4 & 5
- Shaving foam/gel, body spray
- Shampoo
- Hand soap
- Shower gel,

Thank You very much for your support

Gravesham Foodbank hosted by RCCG Life Start

Connections & supported by Gravesham Churches Together

Registered charity number 1135341 Registered in England & Wales

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