



SUMMER 2020 Donation Guide

The next collection-is Saturday 25th and Sunday 26th July

8 am to 8 pm

PLEASE NOTE: FOR JUNE 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, curry
- ✓ 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
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Also required:

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