

JUNE-JULY 2020 Donation Guide

The next collection-is Saturday 27th and Sunday 28th June 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

Also required:

- Meat pies
- UHT whole and semi skimmed milk
- Tin macaroni cheese
- Tin spaghetti and sausages
- Rice
- tinned custard
- 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

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

Toiletries

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

- Jars of pasta sauce
- Cereals, sweet & chocolate biscuits
- 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 graveshamfoodbank@gmail.com www.gravesham.foodbank.org.uk

