



## October Shopping List

- Vegetarian Meals – *anything long life!*
- Breakfast Cereal
- Long Life Fruit Juice & Squash
- UHT Milk – *whole milk or semi skimmed, not skimmed please*
- Long Grain Rice – *1kg maximum*
- Tinned Tomatoes & Pasta Sauce
- Savoury Biscuits & Crackers
- Tinned Vegetables – *anything green e.g. peas, beans*
- Drinking Chocolate
- Ketchup & Mayo
- Peanut Butter & Jam
- Laundry Products

***Thank you!***

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