



Please check your local food bank's website for Christmas opening times, and to see what they may be running short of. Thank you!

**1**

Tinned soup

**2**

Shampoo

**3**

Variety tins  
or boxes

**4**

Tinned  
tomatoes

**5**

Rice

**6**

Deodorant

**7**

Box of biscuits  
or chocolates

**8**

Nuts and  
confectionery

**9**

Tinned fish

**10**

Coffee

**11**

Jam

**12**

Breakfast  
cereal

**13**

Tea bags

**14**

Chocolate bars

**15**

Long-life  
fruit juice

**16**

Instant mash  
potatoes

**17**

Tinned  
vegetables

**18**

Cooking  
sauces

**19**

Tinned  
potatoes

**20**

Tinned meat

**21**

Toilet rolls

**22**

Rice  
pudding

**23**

UHT  
long-life milk

**24**

Tinned  
fruit