

### 2026 Shopping list #3

If you are able to help, we urgently need more of the following:

#### FOOD & DRINK:

- Instant mash
- Tinned ham or corned beef
- Tinned fruit
- Milk – long-life
- Tinned or packet custard
- Tinned spaghetti
- Tinned rice pudding
- Jam/Marmalade
- Tinned fish
- Instant coffee
- Chocolate spread/Peanut butter
- Hot chocolate

#### TOILETRIES & HOUSEHOLD:

- Shower gel
- Deodorant for men and women
- Washing-up liquid
- Toilet roll
- Shampoo

**THANK YOU** for joining us to help stop UK hunger!

[medway.foodbank.org.uk](http://medway.foodbank.org.uk); 01634 757057

Registered Charity No: 1166505

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