

### 2026 Shopping list #1

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

#### FOOD & DRINK:

- Instant mash
- Tinned ham or corned beef
- Tinned hot meat
- Milk – long-life
- Tinned or packet custard
- Squash
- Tinned tomatoes
- Coffee (small jars)
- Tinned fruit
- Jelly
- Long life sponge puddings
- Hot chocolate

#### TOILETRIES & HOUSEHOLD:

- Washing-up liquid
- Toilet roll
- Nappies size 4/5/6

**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

### 2026 Shopping list #1

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

#### FOOD & DRINK:

- Instant mash
- Tinned ham or corned beef
- Tinned hot meat
- Milk – long-life
- Tinned or packet custard
- Squash
- Tinned tomatoes
- Coffee (small jars)
- Tinned fruit
- Jelly
- Long life sponge puddings
- Hot chocolate

#### TOILETRIES & HOUSEHOLD:

- Washing-up liquid
- Toilet roll
- Nappies size 4/5/6

**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