

We're getting really low on donations and heading into the busy summer period!



## WE DESPERATELY NEED:

- TINNED SPAGHETTI
- LONG-LIFE MILK
- BREAKFAST CEREALS
- TINNED MEAT PIES
- TINNED FISH
- TINNED RICE PUDDING
- IAMS AND SPREADS
- PART-BAKED ROLLS
- INSTANT MASH
- PASTA AND SAUCE PACKETS
- DEODORANTS
- SHAMPOO
- BODY WASH
- HOUSEHOLD ITEMS WASHING-UP LIQUID, LAUNDRY TABLETS (NOT PODS)

## DON'T DONATE AS WE HAVE ENOUGH!:

- DRIED PASTA/SPAGHETTI
- BEANS
- SOUP
- TINNED SWEETCORN
- SANITARY ITEMS

www.nourishcommunityfoodbank.org.uk
Telephone: 01892 548892

