



NOVEMBER

- Rice – *500G & 1KG packets*
- Long Life Fruit Juice & Squash
- UHT Milk – *no thanks to skimmed*
- Tinned Meat & Fish
- Tinned Fruit & Vegetables
- Sweet & Savoury Biscuits
- Mayo, Ketchup, Brown Sauce
- Tinned Rice Pudding & Custard
- Chickpeas & Kidney Beans
- Peanut Butter & Jam
- Drinking Chocolate
- Toiletries – *hair shampoo, shower gel, hand soap, shaving foam & razors, deodorant, dental*

Thank you!

Keep up to date with @EalingFoodbank on

