



# Shrublands Trust Food Bank

## Items needed for January 22

Please make sure donations have a shelf life of at least six months

Donated goods can be brought to the shop on: Mondays 09:00 – 12:00 or Thursdays 12:00 – 15:00

Or popped into the collection box at the Shirley CO- OP: Wickham Road

Or Sainsbury's Central in the Whitgift Centre

*Thank you!*

- Cereal
- Coffee
- Custard
- Drinking Chocolate
- Fish, preferably in water
- Fruit juice
- Jam/honey
- Long Spaghetti(dried)
- Marmite
- Meat
- Milk

- Meat
- Meat meals
- Pasta sauces
- Peanut butter
- Rice
- Rice pudding
- Sugar
- Tomatoes
- Vegetables
- Deodorant
- Sanitary towels
- Toilet rolls

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Facebook: [shrublands.trust](https://www.facebook.com/shrublands.trust)

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