



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!

- Cream crackers
- Chick peas/beans
- Coffee
- Cooking oil
- Drinking chocolate
- Fish paste
- Fish, preferably in water
- Fruit juice
- Long spaghetti
- Marmite
- Milk whole

- Pasta
- Porridge
- Rice
- Spaghetti in sauce
- Soup tin/packet
- Deodorant
- Laundry Tablets
- Shampoo
- Shower gel
- Toiletries
- Washing up liquid

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Instagram: shrublandstrust

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