



Shrublands Trust Food Bank

Items needed for August 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!

- Biscuits, savoury
- Cereals
- Chick peas/beans
- Cream crackers
- Custard
- Fruit juice
- Instant desserts
- Jam/honey
- Jelly
- Meat
- Noodles
- Pasta sauces

- Rice
- Rice pudding
- Snack bars
- Spaghetti
- Vegetables
- Deodorant
- Laundry tablets
- Shampoo
- Conditioner
- Soap
- Toothpaste
- Washing up liquid

Tel: 020 3441 7887

Facebook: shrublands.trust

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Instagram: shrublandstrust

Web: shrublandstrust.org

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