



Please use this list as a guide to what we need to help make up our food parcels.

Items highlighted with \* are what we need the most.  
For food safety / quality reasons, please don't donate any bakery products or items that require refrigeration or freezing.

### **Ambient / Long-Life Items**

Tinned Soups (Any)  
\*Tinned Minced Beef  
\*Tinned Corned Beef  
\*Tinned Stewing Steak  
\*Tinned Meat Stews  
\*Tinned Chicken Stews  
\*Tinned meat or chicken curry  
Tinned Veg Curry  
\*Tinned Ham  
\*Tinned Meat Pies  
Tinned Fish (any)

Tinned Carrots  
\*Tinned Mushy Peas  
\*Tinned Garden Peas  
\*Tinned Processed Peas  
\*Tinned Mixed Vegetables  
\*Tinned Tomatoes  
\*Tinned Potatoes  
\*Instant Mash  
Dried Rice  
Microwave Rice  
Dried Pasta  
Cuppa Soup

Small cooking oils (max 200ml)  
Cooking Sauces (jars)  
Gravy granules and cubes  
Herbs & Spices (any)  
Salt & Pepper  
Tomato Puree  
Pickled beetroot, onions or cabbage  
Salad Cream  
Tomato Sauce  
Brown Sauce

Coffee Powder  
Instant Hot Chocolate  
Long Life Fruit Juice (1 ltr or similar)  
\*Cordial  
\*Long Life Milk

Tinned Sweet Pie Fillings  
Tinned Sponge Puddings  
\*Tinned Fruit (any)  
\* Instant Custard Powder  
Tinned Custard  
Rice Pudding  
Sugar  
Biscuits  
Baking Products  
Flour (Plain & Self Raising)  
Angel Delight  
Evaporated Milk  
Trifle Mixes  
Jellies

### **Cleaning Equipment**

\*Large food bags  
Antibacterial Spray  
Dish Cloths  
Bleach  
Toilet cleaner

### **Toiletries**

Shampoo and Conditioner  
Toothpaste  
Toothbrushes  
Toilet Rolls  
Baby Wipes  
\*Nappies (all sizes but especially size 4 upwards)

### **Fresh Fruit and Veg**

Apples and Oranges  
Carrots, greens and potatoes  
Salad items (not containing 'use by' dates)

*Thank you for your help and support*

**URBAN**  
**OUTREACH** (BOLTON)