



Shrublands Trust Food Bank

Items needed for CHRISTMAS 2020
(marked with Red Squares)

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

Thank you!

● Baked beans	■ Instant desserts	● Spices
■ Biscuits, savoury	■ Jam/honey	■ Sponge pudding
● Biscuits, sweet	● Jelly, instant	■ Stock cubes
● Cakes	● Marmite	● Sugar
● Cereal bars	■ Meat	● Sweetcorn
● Cereals	● Meat meals	● Tea
● Chick Peas/beans/peas...	■ Milk, UHT/powdered	■ Tomato puree
■ Coffee	■ Milk, whole	● Tomatoes
● Cream Crackers	● Noodles	■ Treats
● Crisps, baked	● Nuts, non-salted	● Vegetables
■ Custard	● Pasta *High stock levels*	■ > Deodorant
■ Drinking chocolate	■ Pasta sauces	● > Laundry tablets
● Drinks, bottles/tins/cartons	■ Peanut butter	● > Nappies, large
● Evaporated Milk	● Porridge	● > Razors, men's
■ Fish paste	■ Potatoes, tin/Instant mash	● > Sanitary towels
● Fish, preferably in water	● Pulses	■ > Shampoo
■ Flour	● Rice	■ > Shower gel
● Fruit Juice	■ Rice pudding	● > Soap
■ Fruit squash	● Salt	● > Tampons
● Fruit, in fruit juice or dried	● Savoury paste	● > Toilet rolls
● Garlic puree	● Snack bars	● > Toiletries
● Ground pepper	● Soup, tin/packet *High stock levels*	● > Toothbrushes
● Herbs	■ Spaghetti in sauce	● > Toothpaste

Tel: 020 3441 7887

Facebook: shrublands.trust

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Web: shrublandstrust.org

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Shrublands Trust Food Bank

Christmassy items needed

- | | |
|--|---|
| <input type="checkbox"/> Christmas crackers, 6pk | <input type="checkbox"/> Fizzydrinks |
| <input type="checkbox"/> Christmasgifts | <input type="checkbox"/> Non-alcoholic drinks |
| <input type="checkbox"/> Chicken breast | <input type="checkbox"/> Chocolate spread |
| <input type="checkbox"/> Curry in a tin | <input type="checkbox"/> Branston pickle |
| <input type="checkbox"/> Roastgammon | <input type="checkbox"/> Chutney |
| <input type="checkbox"/> Bombaypotatoes | <input type="checkbox"/> Cooking oil |
| <input type="checkbox"/> Dried pulses | <input type="checkbox"/> Garlic puree |
| <input type="checkbox"/> Onions, pickled or silverskin | <input type="checkbox"/> Gravy granules |
| <input type="checkbox"/> Christmas pudding | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Steamed puddings - sweet | <input type="checkbox"/> Mixed herbs |
| <input type="checkbox"/> Christmas cake | <input type="checkbox"/> Sauce |
| <input type="checkbox"/> Mince Pies | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Shortbread & Biscuits | <input type="checkbox"/> Stock cubes |
| <input type="checkbox"/> Chocolate | <input type="checkbox"/> Stuffing |
| <input type="checkbox"/> Crisps | <input type="checkbox"/> Tomato puree |
| <input type="checkbox"/> Sweettreats | <input type="checkbox"/> Tomato sauce |
| | <input type="checkbox"/> Worcestershire sauce |

Gifts needed

For Boys and Girls aged 8 - 12 years

For Ladies

Volunteers needed

To help at the Coffee Shop, also for drivers and driver helpers to deliver the food bank parcels

Monday 16th December 9 am - 2 pm

Receiving Christmas food bank donations

Tuesday 17th December 9 am - 2 pm

Receiving Christmas food bank donations

Thursday 19th December 10 am - 4 pm

Creating and delivering Christmas food bank parcels

Friday 20th December 10 am - 4 pm

Creating delivering Christmas food bank parcels

Please email if you can help

Thank you!