



Bethany Foodbank
Helping those in need



SHOPPING LIST

<p>Store Cupboard items: Breakfast Cereals Porridge Oats Pasta Sauce Jars Dried Rice Dried Noodles Microwave Rice Packs Dried Pasta/ Pasta packs Pot Noodles Fajita packs/ Tacos etc Lasagne sheets Tea bags Coffee Hot Chocolate powder UHT Milk Cartons UHT Fruit Juices Sugar/ Artificial Sweeteners Flour Stock Cubes/ Instant Gravy</p>	<p>Tinned Foods & Cartons Spaghetti in tomato sauce Baked beans Soups Cup-a-soups Tinned sweetcorn Tinned carrots Tinned potatoes Tinned tomatoes Chickpeas Kidney Beans/ other beans Tinned salmon (red or pink) Tinned tuna Tinned corned beef Tinned Pies Hot dog Sausages Tinned casseroles Custard Tinned fruit</p>	<p>Snacks & Treats Cereal Bars Biscuits Chocolate biscuits Boxed Cakes Cake bars Fun size Choc bags Sweets Crisps Ready-jelly pots</p>	<p>Toiletries Tissues Shower gel Soap Shampoo Conditioner Toothpaste – adult Toothpaste – children Tooth brushes – adults Toot brushes - children Sanitary Towels Tampons Deodorant (M & F) Disposable razors Shaving Foam/ gel Nail scissors Sponges Paracetamol Ibuprofen Antiseptic cream Plasters</p>
<p>Vegetable Oil Vinegar/ Salt/ Pepper Mayonnaise Tomato ketchup Tomato puree Cooking Sauces Marmite/Jam/ Honey Bottles of squash Long-date Bagels Part-baked Baguettes Part-baked Petits Pains Crispbreads Waffles/ Pancakes</p>	<p>Baby Products Sudocrem/ nappy cream Vaseline Calpol/ Childrens Ibuprofen Nappies Nappy sacks Baby wipes Cotton wool Baby Milk Baby food jars & pouches</p>	<p>Pets (Dogs & Cats only) Tinned Dog Foods Tinned Cat Food Pouches Chew sticks Pet toys</p>	<p>Household Essentials Kitchen Roll Toilet Roll Anti-bac spray Anti-bac wipes Bathroom cleaner Bleach Toilet cleaner Washing up liquid Sponges/ Scourers Cling film Sandwich bags Washing Tablets Fabric Conditioner</p>

