

# Food Friend

**Any non-perishable foods and toiletries are welcome.  
We are especially short of the following for our food bank which  
helps many local individuals and families in genuine need in our  
area:**

- *Cereal*
- *Tea Bags / Instant Coffee*
- *Sugar*
- *Long Life Semi Skimmed Milk*
- *Instant Mash / Tinned Potatos*
- *Pasta*
- *Jars of Pasta Sauce*
- *Tinned Vegetables*
- *Tinned Tomatoes*
- *Tinned Fruit*
- *Tinned Custard*
- *Jam*
- *Tinned Tuna*
- *Baked Beans*
- *Tinned Meat e.g. Corned Beef / Stewed Steak / Chicken Curry / Spam  
/ Fray Bentos Pies*
- *Tinned Soup*
- *'Extras' e.g. Biscuits*