



- *Cereal*
- *Tea Bags / Instant Coffee*
- *Sugar*
- *Long Life Semi Skimmed Milk*
- *Instant Mash / Tinned Potatoes*
- *Pasta / Rice (including microwaveable pouches)*
- *Jars of Pasta and Curry Sauce*
- *Tinned Vegetables*
- *Tinned Tomatoes*
- *Tinned Fruit*
- *Tinned Rice Pudding / Custard*
- *Jam / Peanut Butter*
- *Tinned Tuna*
- *Baked Beans*
- *Tinned Meat e.g. Corned Beef / Stewed Steak / Chicken
Curry / Spam / Fray Bentos Pies*
- *Tinned Soup*
- *Part Baked Bread*
- *'Extras' e.g. Biscuits / Tinned Sponge Puddings / Jelly*
- *Toiletries e.g. Toilet roll / Toothpaste / Soap*

Thank you