



THANK YOU FOR SUPPORTING THE ONE CAN TRUST FOODBANK!

Here's a list of the most urgently required items:

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| Tinned meat meals | Peanut butter and honey |
| Tinned ham & corned beef (low salt) | Cooking oil (e.g. olive oil, 500ml) |
| Tinned fish (especially oily fish) | Cooking & pasta sauces |
| UHT milk | Tinned soup |
| Tinned potatoes and vegetables | Toilet roll |
| Tinned fruit | Toothpaste / shower gel / deodorant |
| Tea / instant coffee | Tampons |
| Healthy cereals (Weetabix or oats) | Nappies (sizes 5, 6, 7, 8 only) |

SORRY WE CAN'T ACCEPT:

Alcohol, Homemade food, Opened packets, Out of date food, Medical supplies or supplements