



Standard Shopping List

Tinned

- Meat meals
- Vegetarian meals
- Meat (ham, spam, hotdogs)
- Fish (tuna preferred)
- Baked beans
- Spaghetti (e.g. hoops in tomato sauce)
- Potatoes
- Peas
- Tomatoes
- Sweetcorn
- Carrots
- Fruit
- Rice pudding
- Custard

Soup

- Tomato
- Chicken
- Meat
- Vegetable

Sauces/oils

- Pasta sauce
- Cooking sauce
- Tomato ketchup
- Cooking oil (smaller bottles preferred)

Store cupboard

- Cereal
- Dried pasta and spaghetti
- Rice and instant rice
- Noodles (including Pot Noodles)
- Instant mash
- Packet meals ("just add water")
- Cup-a-soup
- Sugar

Drinks

- Long-life milk
- Teabags
- Instant coffee (smaller jars preferred)
- Squash
- Long-life juice (not fresh, please)

Preserves/spreads

- Jam
- Marmalade
- Honey
- Peanut butter

Treats

- Biscuits
- Chocolates/Sweets
- Crisps
- Chocolate spread
- Hot chocolate

Non-food

- Toilet roll
- Washing up liquid
- Laundry tablets (not liquid or powder)

We request that donors avoid giving items that aren't on this Standard Shopping List unless specifically requested by us. Specific requests will usually appear on our website at: www.redhillfoodbank.org.uk/shopping-list

Please no perishable food, out-of-date food, alcohol or medicines

Thank you for your support

19 Sep 23