

food banks

Partnership Aberdeen

www.foodbankpartnershipaberdeen.org.uk

The items donated from the list below will help feed a family or individual for 3 days
 Items in bold (below) needed urgently.

Staples	Tea Coffee Sugar Washing up liquid Soap powder/softener Milk powder/UHT or soya milk Sunflower oil Peanut butter Jam or marmalade Salt Pepper	Lunch/Tea/Dinner	Pasta Rice Noodles Pkt instant mash potato Pulses Pasta and pasta sauce in a packet Jar pasta sauce Tin soup PKT soup Tin tomatoes Tin sweet corn Tin beans Tin peas Tin potatoes Tin fish eg salmon/tuna Tin meat Tin chicken Tins ready meals eg stews Tomato sauce Crackers Biscuits Snacking food Tin opener
Breakfast	Cereals eg cornflakes, Weetabix Porridge oats Oatmeal Muesli Fruit juice Jam/spread		
Dessert	Tin fruit Tin custard or pkt custard Tin rice pudding		
Toiletries	Toothpaste Toothbrush Soap Deodorant Shampoo Toilet roll Shaving foam and razor	Baby	Baby Milk/Formula Baby food Nappies Steriliser Baby wipes Cream

Pet food for dog or cat also required.