

Emergency food for local people in crisis

Please donate an item
or two from the list.

Thank you!

SHOPPING LIST

Tinned ham or corned beef
Fruit juice (long life)
Tinned Tuna
Tinned hotdogs
Rice Pudding
Coffee
Uht/powdered milk
Cereals-Gluten free
Microwave pouches of rice
Fruit squash
Instant mash potato
Plant based milk
Crisps
Tinned fruit
Jam
Biscuits or snack bars



07512011452
Liskeard.foodbank@gmail.com