Shrublands Trust Food Bank

**Items needed for June 2020 (***RED SQUARES***)**

Donated goods can be bought to the Coffee shop on: Mondays 09:00 – 12:00 or Thursdays 12:00 – 15:00 or popped into the collection box at the Shirly CO- OP: Wickham Road or Orchard Way

*Please make sure donations have a shelf life of at least six months.*

Thanks to your generosity our stock of SOUP is high!

*thank you!*

- Baked beans
- Biscuits, savoury
- Biscuits, sweet
- Cakes
- Cereal bars
- Cereals
- Chick Peas/beans/peas...
- Coffee
- Cooking Oil
- Cream Crackers
- Crisps, baked
- Custard
- Drinking chocolate
- Drinks, bottles/tins/cartons
- Evaporated Milk
- Fish paste
- Fish, preferably in water
- Flour
- Fruit Juice
- Fruit squash
- Fruit, in fruit juice or dried
- Garlic puree
- Ground pepper
- Herbs
- Instant desserts
- Jam/honey
- Jelly, instant
- Marmite
- Meat
- Meat meals
- Milk, UHT/powdered
- Milk, whole
- Noodles
- Nuts, non-salted
- Pasta
- Pasta sauces
- Peanut butter
- Porridge
- Potatoes, tin/Instant mash
- Pulses
- Rice
- Rice pudding
- Salt
- Savoury paste
- Snack bars
- Soup, tin/packet *High stock levels*
- Spagheti in sauce
- Spices
- Sponge pudding
- Stock cubes
- Sugar
- Sweetcorn
- Tea
- Tomato puree
- Tomatoes
- Treats
- Vegetables
- > Conditioner
- > Deodorant
- > Laundry tablets
- > Nappies, large
- > Razors, men’s
- > Sanitary towels
- > Shampoo
- > Shower gel
- > Soap
- > Soap powder
- > Tampons
- > Toilet rolls
- > Toiletries
- > Toothbrushes
- > Toothpaste
- > Washing up liquid

**Contact Information:**

Tel: 020 3441 7887
Email: info@shrublandstrust.org
Web: shrublandstrus.org
Facebook: shrublands.trust
Instagram: shrublandstrust
Twitter: ShrublandsTrust

7, Broom Road, Shirley, Croydon, CR0 8NG