



# Meals Emergency Food Bank Food List

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## Tinned:

- Beans (baked, kidney, cannellini etc)
- Fish
- Lentils
- Rice pudding (tinned)
- Vegetables

## Packet:

- Biscuits
- Cereal
- Energy Bars
- Instant pasta
- Instant mash
- Instant noodles
- Rice

## Other:

- Long life milk
- Oil
- Sugar
- Tea bags