



Meals Emergency Food Bank Food List

Tinned:

- Potatoes
- Carrots
- Sweetcorn
- Peas
- Tomatoes
- Baked beans
- Chickpeas
- Soup
- Rice Pudding

Packet:

- Biscuits
- Cereal
- Instant pasta
- Instant noodles
- Rice
- Pasta
- Lentils

Other:

- Long life milk
- Oil
- Sugar
- Tea bags