

## Suggested Food Donations

To give you an idea of what kind of foods are good to donate, please look through the list below. Please buy smaller portion bags not bulk buy items, as we give out food based on meal portions – Thank you!

Stewed Steak	Rice Pudding/Custard
Minced Beef	Tinned Fruit
Chicken In White Sauce	Vegetarian Foods
Curries	Peas
Ravioli	Carrots
Spaghetti Bolognese	Sweet corn
Meatballs	Other Misc Veg. Tinned
Baked Beans with Sausages	Cereal: especially Weetabix (ideal for single people as it can be split to make more parcels.
Irish Stew	Pasta Sauce
Chilli Con Carne	Packet of Noodles/Savoury Rice
Macaroni Cheese	Pasta
Spaghetti Hoops	Rice
Tuna	Tea
Sardines	Coffee
Salmon	Hot Chocolate
Pilchards	UHT Milk
Soup (particularly the chunky soups)	Flour
Baked Beans	Sugar
Potatoes (tinned or packet of mash)	Conserves
Tomatoes	Treats (Crisps, Chocolate, biscuits, crackers, seasonal foods)
Squash	