



Southwark Foodbank

Shopping List | **October 2023**

Urgently required Items:

- **Long Life Milk (Whole/Semi-skimmed)**
- **Tinned Tomatoes**
- **Tinned Vegetable Soup**
- **Tinned Meat (Non Pork)**
- **Tinned Meat Soup**
- **Tinned Rice Pudding**
- **Tinned Fruit**
- **Tinned Vegetables**
- **Pasta Sauce**
- **Jam**
- **1ltr Cartons Orange/Apple Juice (Long-life)**
- **Cereal (500g)**
- **Tea (40 or 80 tea bag packs)**
- **Biscuits**
- **Pasta (500g)**
- **Unisex Deodorant**
- **Shampoo**
- **Shower Gel**

Please ensure donated food has a long shelf life and is well within its Best Before End date. Thank you!

Updated on 22/09/2023