



Serving Canterbury, Whitstable,
Herne Bay and villages

SHOPPING LIST

Canterbury Food Bank is stocked entirely by the generosity of the local community. Below is a shopping list of the food we need. These specific items are requested to enable us to make up nutritionally balanced food parcels. Please note, we cannot accept fresh food, razors or alcohol.

- **Jam**
- **Tinned carrots**
- **Washing powder and household cleaning items**
- **Sugar**
- **Long life milk (semi skimmed and whole)**
- **Biscuits (plus individually wrapped biscuits)**
- **High factor sun cream**
- **Tinned or powdered potatoes**

We currently have sufficient...

- **Pasta / Rice**
- **Baked Beans**
- **Tinned fish**
- **Soup**

Thank you for your support.