

Food parcel shopping list

Can you find space in your bag or trolley for one or more of these things when you're out shopping? Everything donated will go to help local people who are struggling to make ends meet

FOOD AND DRINK

- ✓ Breakfast cereal / cereal bars
- ✓ UHT / long-life milk
- ✓ Teabags
- ✓ Instant Coffee
- ✓ Sugar
- ✓ Dried pasta
- ✓ Pasta sauces
- ✓ Rice
- ✓ Dried noodles
- ✓ Pot Noodles
- ✓ Cooking sauces
- ✓ Tinned meat
- ✓ Tinned fish
- ✓ Tinned veg and pulses
- ✓ Tinned tomatoes
- ✓ Baked Beans
- ✓ Biscuits
- ✓ Chocolate
- ✓ Desserts in tins or packets

BABY ITEMS

- ✓ Disposable nappies
- ✓ Wipes
- ✓ Baby food

TOILETRIES

- ✓ Anti-bacterial wipes
- ✓ Soap / Shower gel
- ✓ Shampoo
- ✓ Deodorant
- ✓ Shaving cream / gel
- ✓ Toothbrush / Toothpaste
- ✓ Toilet rolls
- ✓ Sanitary towels / tampons
- ✓ Tissues

HOUSEHOLD ITEMS

- ✓ Laundry detergent
- ✓ Washing up liquid
- ✓ Cleaning sprays
- ✓ Cleaning cloths

Thank you! Your donations make a difference.

Please drop them off at our shop - 488 Wilbraham Road,
Chorlton, Manchester M21 9AS (near Out of the Blue fishmongers)

**REACH OUT TO THE
COMMUNITY**

0161 862 9415

reachouttothecommunity.co.uk

(reg charity: 1176332)