



## Food Donations

Food donations we receive go towards food parcels made for young people. Before giving to us, please ensure that anything donated is non-perishable, and still in date. Items include:

- Baked beans
- Biscuits
- Cakes
- Cereal
- Fruit juice
- Hot drinks (e.g. coffee and teabags)
- Instant meals (e.g. pasta, soup, noodles, and rice)
- Long-life milk
- Puddings
- Rice
- Sauces
- Soft drinks
- Sugar
- Tinned fish
- Tinned fruit
- Tinned meats (e.g. corned beef, ham and sausages)
- Tinned vegetables (e.g. carrots, peas, and potatoes)

We also accept items that will go towards meals for young people during sessions at our Day Centre, such as bread, eggs, cheese and fresh fruit.

*Thanks for your support*