**Shopping List for HARVEST 2019**

<table>
<thead>
<tr>
<th>Tinned food</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish</td>
<td>Fruit Squash</td>
</tr>
<tr>
<td>Fruit</td>
<td>Long life Milk</td>
</tr>
<tr>
<td>Meat</td>
<td>Chocolate Treats</td>
</tr>
<tr>
<td>Custard</td>
<td>Long life Fruit Juice</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Jam/Honey/Spreads</td>
</tr>
<tr>
<td>Spaghetti</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
</tr>
<tr>
<td>Rice Puddings</td>
<td></td>
</tr>
<tr>
<td>Sachets</td>
<td>Non-Food stuff</td>
</tr>
<tr>
<td>Mash</td>
<td>Shampoo</td>
</tr>
<tr>
<td>Soup</td>
<td>Handwash</td>
</tr>
<tr>
<td>Pasta</td>
<td>Shower Gel</td>
</tr>
<tr>
<td>Custard</td>
<td>Deodorants</td>
</tr>
<tr>
<td></td>
<td>Tin Openers</td>
</tr>
<tr>
<td>Packets</td>
<td>Tooth Brushes</td>
</tr>
<tr>
<td>Rice</td>
<td>Washing up Liquid</td>
</tr>
<tr>
<td>Biscuits</td>
<td>Washing powder &amp; liquid</td>
</tr>
<tr>
<td>Sponge Puddings</td>
<td></td>
</tr>
</tbody>
</table>

**Additional items**

- Printing paper
- Permanent markers
- Ball point/gel pens

Thank you for your generosity, and thank you on behalf of all the families in food poverty who receive your gifts.
Chelmsford Foodbank
Shopping List
Harvest 2019

Other
Fruit Squash
Long life Milk
Chocolate Treats
Long life Fruit Juice
Jam/Honey/Spreads

Non-Food stuff
Shampoo
Handwash
Shower Gel
Deodorants
Tin Openers
Tooth Brushes
Washing up Liquid
Washing powder & liquid

Additional items
Printing paper
Permanent markers
Ball point/gel pens

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www.chelmsford.foodbank.org.uk

Tinned food
Fish
Fruit
Meat
Custard
Potatoes
Spaghetti
Tomatoes
Rice Puddings

Sachets
Mash
Soup
Pasta
Custard

Packets
Rice
Biscuits
Sponge Puddings

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