



SHOPPING LIST for ASTON FOOD BANK

Milk (UHT or powdered)

Sugar (500g)

Tea Bags

Jars of instant coffee

Fruit juice (carton)

Cereals

Jam

Soup tinned or packets

Pasta sauces

Instant mash potato

Rice

Pasta

Tinned fish

Tinned meat

Tinned vegetables

Tomatoes (tinned)

Tinned fruit

Sponge pudding (tinned)

Rice pudding (tinned)

Biscuits or snack bars

