



Reg Charity No 1067541

### Shopping List

We can **ONLY** put in our boxes items from this list.

- \* Fruit Juice (1ltr carton UHT)
- \* Tomatoes (400g Tinned/Carton)
- \* Tinned Fruit (400g)
- \* Tinned Vegetables (400g)
- \* Tinned Meat (400g)
- \* Tinned Fish (100g )
- \* Rice Pudding (400g Tinned)
- \* Cereal (Medium 500g **ONLY**)
- \* Pasta Sauces (jars or sachets)
- \* Pasta (Medium bags 500g of dried pasta).
- \* Milk (Full Fat or Semi- Skimmed UHT **ONLY**)
- \* Sponge Pudding (400g Tinned)
- \* Biscuits/ Snack Bars/Chocolate
- \* Coffee
- \* Jam (not homemade)
- \* Tinned Beans (400g)
- \* Tinned Soups (400g)
- \* Instant Mash Potato (1 pkt)

NO sachets of 'pasta & sauce' mixes please.

No Low Calorie Foods please.

We give out the food in bags for life, if you could give donate one with your shopping that would be great.  
Thank You for Supporting Us



Reg Charity No 1067541

### Shopping List

We can **ONLY** put in our boxes items from this list.

- \* Fruit Juice (1ltr carton UHT)
- \* Tomatoes (400g Tinned/Carton)
- \* Tinned Fruit (400g)
- \* Tinned Vegetables (400g)
- \* Tinned Meat (400g)
- \* Tinned Fish (100g )
- \* Rice Pudding (400g Tinned)
- \* Cereal (Medium 500g **ONLY**)
- \* Pasta Sauces (jars or sachets)
- \* Pasta (Medium bags 500g of dried pasta).
- \* Milk (Full Fat or Semi- Skimmed UHT **ONLY**)
- \* Sponge Pudding (400g Tinned)
- \* Biscuits/ Snack Bars/Chocolate
- \* Coffee
- \* Jam (not homemade)
- \* Tinned Beans (400g)
- \* Tinned Soups (400g)
- \* Instant Mash Potato (1 pkt)

NO sachets of 'pasta & sauce' mixes please.

No Low Calorie Foods please.

We give out the food in bags for life, if you could give donate one with your shopping that would be great.  
Thank You for Supporting Us



Reg Charity No 1067541

### Shopping List

We can **ONLY** put in our boxes items from this list.

- \* Fruit Juice (1ltr carton UHT)
- \* Tomatoes (400g Tinned/Carton)
- \* Tinned Fruit (400g)
- \* Tinned Vegetables (400g)
- \* Tinned Meat (400g)
- \* Tinned Fish (100g )
- \* Rice Pudding (400g Tinned)
- \* Cereal (Medium 500g **ONLY**)
- \* Pasta Sauces (jars or sachets)
- \* Pasta (Medium bags 500g of dried pasta).
- \* Milk (Full Fat or Semi- Skimmed UHT **ONLY**)
- \* Sponge Pudding (400g Tinned)
- \* Biscuits/ Snack Bars/Chocolate
- \* Coffee
- \* Jam (not homemade)
- \* Tinned Beans (400g)
- \* Tinned Soups (400g)
- \* Instant Mash Potato (1 pkt)

NO sachets of 'pasta & sauce' mixes please.

No Low Calorie Foods please.

We give out the food in bags for life, if you could give donate one with your shopping that would be great.  
Thank You for Supporting Us



Reg Charity No 1067541

### Shopping List

We can **ONLY** put in our boxes items from this list.

- \* Fruit Juice (1ltr carton UHT)
- \* Tomatoes (400g Tinned/Carton)
- \* Tinned Fruit (400g)
- \* Tinned Vegetables (400g)
- \* Tinned Meat (400g)
- \* Tinned Fish (100g )
- \* Rice Pudding (400g Tinned)
- \* Cereal (Medium 500g **ONLY**)
- \* Pasta Sauces (jars or sachets)
- \* Pasta (Medium bags 500g of dried pasta).
- \* Milk (Full Fat or Semi- Skimmed UHT **ONLY**)
- \* Sponge Pudding (400g Tinned)
- \* Biscuits/ Snack Bars/Chocolate
- \* Coffee
- \* Jam (not homemade)
- \* Tinned Beans (400g)
- \* Tinned Soups (400g)
- \* Instant Mash Potato (1 pkt)

NO sachets of 'pasta & sauce' mixes please.

No Low Calorie Foods please.

We give out the food in bags for life, if you could give donate one with your shopping that would be great.  
Thank You for Supporting Us

- The **foodbank** is designed to help individuals and families in crisis, through the provision of emergency food supplies. Local professional care-workers within Allerdale and Copeland refer them, with a food voucher, to **the foodbank centre** where they are given their food supplies, a cup of coffee and help in finding other professionals who can help them out of their crisis. In rural areas they are given Emergency Food Boxes direct by the local care-workers.

- The **foodbank** allows the general public to contribute to and support local well-being in a simple practical way.

**Emergency Food Supplies** are a short-term measure allowing a breathing space at times of great need.

For further details of the **foodbank** and how you can be involved contact

THE NORTH LAKES FOODBANK e-mail: [info@thefoodbank.org.uk](mailto:info@thefoodbank.org.uk) [www.thefoodbank.org.uk](http://www.thefoodbank.org.uk)  
Tel: 0750 2311 452



Reg Charity No. 1067541

- The **foodbank** is designed to help individuals and families in crisis, through the provision of emergency food supplies. Local professional care-workers within Allerdale and Copeland refer them, with a food voucher, to **the foodbank centre** where they are given their food supplies, a cup of coffee and help in finding other professionals who can help them out of their crisis. In rural areas they are given Emergency Food Boxes direct by the local care-workers.

- The **foodbank** allows the general public to contribute to and support local well-being in a simple practical way.

**Emergency Food Supplies** are a short-term measure allowing a breathing space at times of great need.

For further details of the **foodbank** and how you can be involved contact

THE NORTH LAKES FOODBANK e-mail: [info@thefoodbank.org.uk](mailto:info@thefoodbank.org.uk) [www.thefoodbank.org.uk](http://www.thefoodbank.org.uk)  
Tel: 0750 2311 452



Reg Charity No. 1067541

- The **foodbank** is designed to help individuals and families in crisis, through the provision of emergency food supplies. Local professional care-workers within Allerdale and Copeland area refer them, with a food voucher, to **the foodbank centre** where they are given their food supplies, a cup of coffee and help in finding other professionals who can help them out of their crisis. In rural areas they are given Emergency Food Boxes direct by the local care-workers.

- The **foodbank** allows the general public to contribute to and support local well-being in a simple practical way.

**Emergency Food Supplies** are a short-term measure allowing a breathing space at times of great need.

For further details of the **foodbank** and how you can be involved contact

THE NORTH LAKES FOODBANK e-mail: [info@thefoodbank.org.uk](mailto:info@thefoodbank.org.uk) [www.thefoodbank.org.uk](http://www.thefoodbank.org.uk)  
Tel: 0750 2311 452



Reg Charity No. 1067541

- The **foodbank** is designed to help individuals and families in crisis, through the provision of emergency food supplies. Local professional care-workers within Allerdale and Copeland area refer them, with a food voucher, to **the foodbank centre** where they are given their food supplies, a cup of coffee and help in finding other professionals who can help them out of their crisis. In rural areas they are given Emergency Food Boxes direct by the local care-workers.

- The **foodbank** allows the general public to contribute to and support local well-being in a simple practical way.

**Emergency Food Supplies** are a short-term measure allowing a breathing space at times of great need.

For further details of the **foodbank** and how you can be involved contact

THE NORTH LAKES FOODBANK e-mail: [info@thefoodbank.org.uk](mailto:info@thefoodbank.org.uk) [www.thefoodbank.org.uk](http://www.thefoodbank.org.uk)  
Tel: 0750 2311 452



Reg Charity No. 1067541