



can you help?

Please donate an item or
two from the list
opposite

Our stocks are fine for
everything else at the
moment

We've got plenty

PASTA, BEANS & SOUP

So don't need donations of
these items. Thank You!

SHOPPING LIST - May 2022

Long life fruit juice

UHT milk

Tins of potatoes./smash

Tins of custard/rice

Tins of corned beef

Toilet rolls

Bags for life (new or used)

Don't forget...

You can help transform
more lives with a financial
donation too.



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01463 717630

foodbank.admin@blythswood.org

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Company Number 583493



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