



Please use this list as a guide to what we need to help make up our food parcels.

Items highlighted with * are what we need the most.
For food safety / quality reasons, please don't donate any bakery products or items that require refrigeration or freezing.

Ambient / Long-Life Items

Tinned Soups (Any)
*Tinned Minced Beef
*Tinned Corned Beef
*Tinned Stewing Steak
*Tinned Meat Stews
*Tinned Chicken Stews
*Tinned meat or chicken curry
Tinned Veg Curry
*Tinned Ham
*Tinned Meat Pies
Tinned Fish (any)

Tinned Carrots
*Tinned Mushy Peas
*Tinned Garden Peas
*Tinned Processed Peas
*Tinned Mixed Vegetables
*Tinned Tomatoes
*Tinned Potatoes
*Instant Mash
Dried Rice
Microwave Rice
Dried Pasta
Cuppa Soup

Small cooking oils (max 200ml)
Cooking Sauces (jars)
Gravy granules and cubes
Herbs & Spices (any)
Salt & Pepper
Tomato Puree
Pickled beetroot, onions or cabbage
Salad Cream
Tomato Sauce
Brown Sauce

Coffee Powder
Instant Hot Chocolate
Long Life Fruit Juice (1 ltr or similar)
*Cordial
*Long Life Milk

Tinned Sweet Pie Fillings
Tinned Sponge Puddings
*Tinned Fruit (any)
* Instant Custard Powder
Tinned Custard
Rice Pudding
Sugar
Biscuits
Baking Products
Flour (Plain & Self Raising)
Angel Delight
Evaporated Milk
Trifle Mixes
Jellies

Cleaning Equipment

*Large food bags
Antibacterial Spray
Dish Cloths
Bleach
Toilet cleaner

Toiletries

Shampoo and Conditioner
Toothpaste
Toothbrushes
Toilet Rolls
Baby Wipes
*Nappies (all sizes but especially size 4 upwards)

Fresh Fruit and Veg

Apples and Oranges
Carrots, greens and potatoes
Salad items (not containing 'use by' dates)

Thank you for your help and support

URBAN
OUTREACH (BOLTON)