



Shopping List

Please help feed local people in crisis by buying items from our list and donating them to Runcorn foodbank.

Thank you!

Milk (UHT or powdered)
Sugar (500g)
Fruit juice (carton)
Soup
Pasta sauces
Sponge pudding (tinned)
Tomatoes (tinned)
Cereals
Rice pudding (tinned)
Tea bags/instant coffee
Instant mash potato
Rice/pasta
Tinned meat/fish
Tinned vegetables
Tinned fruit
Jam
Biscuits or snack bar

