

# THANK YOU FOR SUPPORTING LEWISHAM FOODBANK



Our shopping list:

**UHT blue/green milk**  
**Non-dairy milk**  
**Long-life fruit juice**  
**Halal canned meat**  
**Rice (500g bags)**  
**Canned fruit**  
**Bars of soap**  
**Nappies (size 5 & 6)**  
**Baby wipes**  
**Laundry pods**

**Cooking oil (500 ml)**  
**Canned vegetables**  
**Chopped Tomatoes**  
**Pasta Sauce**  
**Canned fish & meat**  
**Gluten free biscuits**  
**Deodorant**  
**Loo Roll**  
**Shower gel**  
**Dog/cat food**  
**DECENT CARRIER BAGS**

**PLEASE no...**

- fresh food**
- baby food or**
- formula milk**

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[www.lewisham.foodbank.org.uk](http://www.lewisham.foodbank.org.uk)

