## TELFORD CRISIS SUPPORT Shopping list



We are always grateful to receive the following

Tinned meats - steak, mince, pork, chicken, corned beef etc. Tinned meals - stew, meatballs, curry, chilli etc.

Tinned veg - potatoes, peas, carrots etc. Long-life Milk - semi-skimmed & whole

Pasta sauces & pasta bakes Rice pudding & tinned fruit

Tinned tuna & salmon

Pasta & noodle pots Chocolate

Biscuits Coffee

Sugar





We also welcome any dietary-specific foods, vegetarian, gluten-free, free-from etc.

Toothpaste
Deodorant
Toothbrushes
Shaving Foam
Disposable razors
Shower Gel & Soap
Feminine Care Products