

PLEASE  
HELP



IF YOU  
CAN

## Shopping Requirements

If you feel you can help please purchase from the list and place in trolley on the way out.

Thank you

**SOUP**

**PASTA SAUCE**

**SPONGE PUDDING (TINNED)**

**TOMATOES (TINNED)**

**BEANS/SPEGHETTI (TINNED)**

**SOUP**

**RICE PUDDING (TINNED))**

**TINNED MEAT/FISH**

**TINNED VEGETABLES**

**TINNED FRUIT**

**JAM**

**BISCUITS OR SNACK BARS**

**CRISPS**

**MILK (UHT)**

**TEA BAGS/INSTANT COFFEE**

Full **LIFE**church

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