

## We need,

Tinned Spaghetti

Tinned Potatoes / Instant Mash

Tinned Vegetables / Tomatoes

Tinned Fish

Tinned Meats (inc. meat pies, hot dogs, meatballs, chilli)

Rice

Coffee / Tea / Hot Choc / Squash

UHT / Long Life Milk (cartons)

Sugar (500g)

Breakfast Cereals

Jam / Honey / Choc Spread /

Peanut Butter

Tinned Fruit / Rice Pudding

Custard / Jelly

Biscuits & Chocolate

Chickpeas / Kidney Beans /

Butter Beans

Shampoo / Conditioner / Soap

Toothbrushes / Toothpaste

Sanitary Products

Washing Up Liquid

Toilet roll

Short-term, emergency support for those in real need in our community.

[onecantrust.org.uk](https://onecantrust.org.uk)