



Essentials list 2020

FOOD STAPLES

- Tinned soup
- Milk UHT semi-skimmed
- Cereal [non-sugared]
- Fruit juice carton [long life]
- Fruit squash/cordial
- Jars of cooking sauce
- Tinned spaghetti
- Tomatoes [tinned]
- Pasta/rice/cous cous [500g/1kg]
- Tinned veg [carrots, peas, sweetcorn, mixed]
- Tea bags [40s/80s]
- Coffee [small]
- Potato [instant mash or tinned]
- Tinned meat or fish
- Tinned vegetarian ready meals – macaroni cheese, veg chilli etc
- Tinned fruit [preferably in juice]
- Tinned custard
- Rice pudding tin
- Sponge pudding tin
- Sugar [500g/1kg]
- Biscuits, crackers, crispbreads
- Healthy snacks [raisins, apricots etc.

NON-FOOD ESSENTIALS

- Can opener
- Soap/shower gel/bath crème
- Shampoo/conditioner
- Deodorant
- Anti-bac hand gel
- Toothbrush / Toothpaste
- Tissues
- Face wipes
- Sanitary towels / Panty liners [not tampons]
- Toilet roll
- Shaving gel/crème [not razors]
- Washing up liquid
- Nappies [all sizes]
- Baby wipes
- Baby toiletries

- NEW fleece blankets
- NEW hot water bottles
- NEW insulated drink cups with lids
- NEW Rucksacks
- Individual sachets of hot chocolate/coffee/soup etc



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