

# FOOD BANK - GOSPORT DONATION LIST

## FOOD

Cereal/ Porridge Oats  
Packet Mash Potato  
Tinned Vegetables  
Tinned Tomatoes/ Passata  
Baked Beans/Tinned Spaghetti  
Pasta  
Rice  
Cooking Sauces (packets preferable)  
Tinned Soup  
Tinned Meat/Pies  
Tinned Fish  
Tinned Fruit  
Puddings (tinned rice pudding, angel delight, custard, jelly)  
Long Life Milk (powdered or cartons)  
Biscuits  
Squash  
Jam (fruit, honey, chocolate spread)  
Jars of Sandwich Paste  
Tea  
Coffee  
Hot Chocolate  
Gluten/ Dairy free items

## TOILETRIES

Hand Soap (bars or bottled)  
Adult toothpaste & toothbrushes  
Children's toothpaste & toothbrushes  
Roll on Deodorant  
Shampoo  
Showergel  
Bubble Bath  
Sanitary towels  
Men's Shaving Gel  
Men's Disposable razors  
Toilet roll

## BABY ITEMS

Baby Wipes  
Nappy Sacks  
Nappies (Sizes 0-6)  
Baby Bath/ Lotion

If you wish to make a financial contribution to Caring Hands Gosport, you can do so by visiting  
<https://family.church/give/>

When giving online, please specify 'Gosport Caring Hands'.

We are so appreciative of any support received, thank you in advance!



**CARING HANDS**

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