**Food Drive**

The food centre can use any food that is shelf stable, in date and sealed. However there are some items that are especially useful and in demand. Items in **bold** below are particularly useful.

Items that we always use at the Food Centre are-

* Pasta- all types
* Noodles- Regular, 2 minute and cup noodles
* Rice- all types- dried and pouches of cooked rice
* Beans & lentils- canned or dried
* Vegetables- Canned (peas and sweetcorn are especially welcome)
* **Soup- Tins, packets and ‘cup-a-soup’ all flavours**
* Pasta sauce- all types in jars, cans of meat based pasta sauce especially welcome
* Canned tomatoes and passata- all kinds
* **Milk- UHT & powdered milk, all types and sizes**
* Breakfast cereal- all types (sachets of flavoured instant porridge especially welcome)
* Biscuits- sweet or savoury
* Canned beans/spaghetti in tomato sauce
* Canned tuna/salmon all types and sizes
* Instant coffee, hot chocolate and milo (jars and sachets all sizes)
* **Meals in a can- Cans of meat stew/casserole etc. There is a high demand for this especially for those with limited cooking facilities or those that are homeless.**
* **Jam, Honey, Marmalade-all types**
* **Toothpaste & toothbrushes- full sized tube or travel size. (we are always short of toothpaste)**
* **Shampoo (all sizes)**
* **Deodorant- Roll on or spray, any type**
* **Tampons & sanitary pads- all types**
* **Bladder control pads**

Please contact the Food Centre at the phone or email below if you have any questions.

Many thanks