

Items included in a typical food parcel.	Items that they are running low on
<ul style="list-style-type: none"> • Soup • Pasta • Rice • Tinned tomatoes/ pasta sauce • Lentils, beans and pulses • Tinned meat • Tinned vegetables • Tea/coffee • Tinned fruit • Biscuits • UHT milk • Fruit juice 	<ul style="list-style-type: none"> • <i>Sugar</i> • <i>Jam</i> • <i>UHT Milk (Long life milk)</i> • <i>Coffee</i> • <i>Size 5 nappies</i> • <i>Male and female toiletries</i> • <i>Pot noodles</i> • <i>Biscuits</i> • <i>Fruit juice</i> • <i>Tinned fruit</i>