



Serving God in the
Local Community

**Official Shopping List Week Commencing:
Monday 23 January 2017**

Only Long Shelf Life Items Please.

Items in Red are what we are extremely low on right now!

Milk (UHT)
Sugar
Squash/Fruit juice
Tinned or packet soups
Pasta sauce jars
Tinned tomatoes
Tinned rice pudding
Tinned custard / powder
Breakfast cereals /oats
Tea bags/**instant coffee** /hot chocolate
Instant mash potato/tinned
Rice/pasta
Tinned meat /tinned pies/stew
Tinned fish
Vegetarian meals
Tinned vegetables
Baked beans
Tinned fruit
Jam/spread
Biscuits/cake bars

Toiletries

Toothpaste / **Toilet rolls** / Soap / **Shampoo**/conditioner
Toothbrushes
Washing up liquid
Washing powder/tablets
Sanitary products for ladies
Nappies size 4 &5

Please buy items with at least six months left before the Best by/Use By date.