



### LIST OF NEEDED ITEMS Cut out and carry in your purse.

SHOPPING LIST— <a href="http://lutonfoodbank.org.uk/list">lutonfoodbank.org.uk/list</a>	
Rice Pudding/Custard	Fish (Tinned)
Meat (Tinned)	Baked Beans (Tinned)
Jam	Tomatoes (Tinned)
Fruit Juice (Carton)	Breakfast cereal
Vegetables (Tinned)	Dried Pasta (500g)
Fruit (Tinned)	Pasta Sauce
Milk (UHT)	Sugar (500g)
Dried Rice (500g)	Tea Bags / Instant Coffee
Soup	Biscuits

SHOPPING LIST— <a href="http://lutonfoodbank.org.uk/list">lutonfoodbank.org.uk/list</a>	
Rice Pudding/Custard	Fish (Tinned)
Meat (Tinned)	Baked Beans (Tinned)
Jam	Tomatoes (Tinned)
Fruit Juice (Carton)	Breakfast cereal
Vegetables (Tinned)	Dried Pasta (500g)
Fruit (Tinned)	Pasta Sauce
Milk (UHT)	Sugar (500g)
Dried Rice (500g)	Tea Bags / Instant Coffee
Soup	Biscuits

This document updated 18/06/2018. For up-to-date drop-off points and most-needed items, check [lutonfoodbank.org.uk](http://lutonfoodbank.org.uk)