

HELPING OTHERS

SHOPPING LIST 1

DRIED FOOD & SNACKS

- BISCUITS
- CEREAL
- OATS
- CHOCOLATE (4 PACK / 16 PACK)
- COOKING / OLIVE OIL
- CRISPS (6 PACK / 12 PACK)
- DRIED BEANS & PULSES
- PEARL BARLEY / BULGUR WHEAT / FARRO
- FLOUR
- FRUIT JUICE (LONG LIFE)
- GLUTEN FREE PASTA
- GRANULATED SUGAR
- INSTANT COFFEE
- LONG GRAIN RICE
- NUTS & SEEDS
- OATS
- PASTA
- PEANUT BUTTER
- PRESERVES, JAMS, HONEY
- RISOTTO RICE
- SOY SAUCE
- TEA BAGS
- UHT MILK
- POT NOODLES



HELPING OTHERS

SHOPPING LIST 2

HERBS & SPICES

- CHILLI
- CINNAMON
- SMOKED PAPRIKA
- CUMIN
- CORIANDER
- FIVE SPICE
- OTHER GROUND SPICES
- DRIED OREGANO
- OTHER DRIED HERBS
- GARLIC GRANULES
- CURRY POWDER
- GARAM MASALA
- SALT
- PEPPER
- STOCK CUBES

SCREENSHOT & SHOP!
THANK YOU FOR YOUR GENEROSITY



HELPING OTHERS

SHOPPING LIST 3

JARS & TINS

BAKED BEANS

CHICKPEAS

CANNELLINI / KIDNEY / BROAD BEANS

COCONUT MILK

CONDIMENTS & PICKLES

CURRY PASTES & SAUCES

GREEN LENTILS

INSTANT / TINNED SOUP

PASTA SAUCES

PEAS

TINNED FRUIT

SWEETCORN

TOMATOES

TUNA / SALMON / SARDINES

TINNED VEGETABLES

TOMATO PUREE

SCREENSHOT & SHOP!
THANK YOU FOR YOUR GENEROSITY



HELPING OTHERS

SHOPPING LIST 4

HOUSEHOLD

- TOILET ROLL (4 ROLL / 9 ROLL)
- HAND SOAP
- ANTI-BACTERIAL SURFACE WIPES
- TOOTHPASTE / BRUSH
- FEMININE PRODUCTS
- ANTI-BACTERIAL SURFACE WIPES
- LAUNDRY DETERGENT
- WASHING UP LIQUID
- SOAP / SHAMPOO
- BABY SUPPLIES

SCREENSHOT & SHOP!
THANK YOU FOR YOUR GENEROSITY

