

Oadby Food Bank



Things we would love for our food parcels

U.H.T. (long life) Milk

Breakfast cereal (not huge packets please)

Tinned meat / tinned fish

Packets of long grain rice/ dried pasta

Jars of sauce, e.g., sweet and sour, curry or pasta sauce

Packets of dried lentils (500g packs preferred)

Cooking oil

Washing powder or liquid (especially sensitive suitable for babies' clothes)

Tinned fruit or puddings / rice pudding / custard

Tea bags / instant coffee.

Long life fruit juice, squash

Jam/marmalade/other spreads

Ketchup / mayonnaise / chutney

Tinned vegetables such as carrots, sweetcorn, potatoes, chickpeas, beans.

Tinned tomatoes/tomato puree/passata

Tinned spaghetti/macaroni cheese/baked beans.

Biscuits, Chocolates.

Toiletries such as shampoo, soap, shower gel for all ages, baby wipes

Household cleaning items

Nappies size 5 or 6

Sorry, we can't accept alcohol, perishable fresh food, home-made food such as jam or chutney, or food that needs to be kept in a fridge. We can't use food that is past its "use by" date, or more than three months past its "best before" date.

*Please **don't include** toys, or other items such as clothing, bedding or household furniture as we cannot store or use these. For toys, please see <https://www.toysonthetable.org.uk>*

Thank you so much, from all at Oadby Food Bank!