



July 14th 2024

Items Urgently Needed

- **Tinned Vegetables**
- **Tinned Tomatoes**
- **Tinned Soup**

Items Needed

- **Breakfast Cereals**
- **Tinned Meats – (corned beef, Fray Bentos pies, stews, chicken, ham etc)**
- **Tinned Fish**
- **Tinned Baked Beans**
- **Tinned Fruit**
- **Tinned Rice Pudding**
- **Cartons Long Life Milk (Blue & Green Cartons)**
- **1 litre bottles of Oil**
- **Jars of Jam, Honey or Marmalade**
- **Coffee small jars 100g**
- **Teabags (each containing foil bags of 40)**

Please note we cannot take: Fresh food, Opened items or Out of Date food

Thankyou for your support.

<https://helensburghlomondfoodbank.org>