



August 14th 2026

Items Urgently Needed

Tinned Fish
Packets of Rice
Packets of Dried Pulses(Lentils)

Items Needed

Porridge
Tinned Meats (stews, cold meats)
UHT Long Life Milk
Tinned Fruit
Baked Beans
Curry & Pasta Cooking Sauces
Tinned Pulses (Kidney beans etc)
Vegetable oil
Teabags (40's)

Please note we cannot take: Fresh food, Opened items or Out of Date food

Thankyou for your support.

<https://helensburghlomondfoodbank.org>