



Items Urgently Needed

Tinned Fish

Tinned Fruit

Items Needed

Tinned Meats

UHT Long Life Milk

Cereals & Porridge

Tinned Vegetables

Tinned Tomatoes

Baked Beans

Packets Rice & Pasta

Curry & Pasta Cooking Sauces

Tinned Pastas

Tinned Rice Pudding

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Please note we cannot take: Fresh food, Opened items or Out of Date food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