



**Would you be able to donate something to a Food Parcel?**

**A typical food parcel contains the following ....**

- 2 litres of long life milk
- 1 packet of pasta
- 1 jar of pasta sauce
- 1 tin of beans
- 2 tins of stew or similar
- 1 tin of meatballs
- 1 packet o cup-a-soups or 2 tins of soup
- 1 jar of jam
- 1 small box of teabags
- 1 packet of cereal (e.g. cornflakes or Weetabix)
- 2 tins of rice pudding or 2 tins of fruit
- 1 large or 2 small tins of potatoes
- 2 tins of vegetables
- plus toothpaste, shampoo, soap etc.

***If you would like to donate something to the Food Bank, please leave your donation in the blue bin at Shilbottle Community Hall or hand to anyone from Gateway Church Northumberland or St. James Church Shilbottle.  
Thank you.***

