

List of items that may be included in a Food Parcel

- Tea bags
- Coffee
- Drinking Chocolate
- Sugar
- Pasta
- Long Grain Rice
- Cereals
- Pasta Sauces or Bakes
- Soups – packet or tinned
- Tinned Veg – e.g. Tomatoes, sweetcorn, peas, carrots
- Potatoes
- Biscuits
- Tinned Fruit
- Custard
- Tinned spaghetti, raviolis
- Tinned fish – e.g. Tuna, Salmon
- Squash
- Fruit Juice
- Preserves – e.g. Jam, Honey
- Chocolate Spread
- Tomato Ketchup
- Long Life Milk – cartons
- Tinned Meat – e.g. Ham, corned beef, beef & onions
- Chicken in Sauce
- Curries
- Chilli
- Rice Pudding – tinned
- Baked Beans
- Toiletries such as toothpaste and soap
- Baby wipes and nappies