



## Shopping List

Please consider buying one  
or more items from this list  
to give to

**HIGHLAND FOOD BANK**

Breakfast Cereal  
Rice/Pasta 1kg  
Potatoes (Tinned or Instant)  
Oatcakes/Crackers  
Tinned Vegetables  
Tinned Tomatoes  
Tinned Fruit  
Fruit Juice (Long Life or Dilute)  
Tinned Soup  
Tinned Creamed Soup  
Cup-a-Soup  
Tinned Ham/Corned Beef  
Tinned Tuna/Salmon  
Tinned Mince/Stew  
Milk (UHT Whole Milk)  
Tinned Custard/Rice Pudding  
Tea Bags/Coffee  
Sugar

HIGHLAND FOOD BANK provides for local  
individuals and families in crisis!

*Thank you for your support!*

Part of the work of

**Blythwood Care**

Registered Charity No. SC 021848