



Donations for Bedford Food Bank

The following are suggested items:

- Tinned meat
- Tinned meat in sauce such as curry or chilli
- Tinned tuna
- Long life fruit juice
- Long life milk
- Tinned sweetcorn
- Cup a soup
- Tinned spaghetti
- Coffee (100 g jars)
- Teabags (packs of 40 or 80)
- Jars of curry sauce
- Tinned fruit
- Long life sponge puddings
- Tin openers
- Washing up liquid
- Sanitary products
- Toothbrushes
- Toilet rolls

Please do not bring pasta, porridge, conditioner or bubble bath as the Food Bank currently has plenty of these items.