



Shopping List

Milk (UHT or powdered)
Baby formula
Sugar (500g)
Fruit juice (carton, long life)
Soup
Pasta sauces
Sponge pudding (tinned)
Tomatoes (tinned)
Cereals
Rice pudding (tinned)
Tea bags/instant coffee
Instant mash potato
Rice/pasta
Tinned meat/fish
Tinned vegetables
Tinned fruit
Jam
Biscuits or snack bar
Nappies

foodbank@liverpoolcathedral.org.uk
0151 702 7237

HOPE



British
Red
Cross

www.redcross.org.uk

Donations List

Toothpaste
Soap
Shampoo
Washing Powder
Feminine hygiene products
Towels
Trousers (men's)
Trousers (women's)
Jumpers
Coats/fleeces
Tee shirts
Children' clothes
Shoes/trainers
New born baby clothes

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