



In Their Shoes, shopping list for 1 person

Worcester Foodbank offers a nutritionally balanced food parcel containing mostly tinned or packet food as it is possible to store these items until required. To take part in this campaign, you may wish to swap long-life products with equivalent fresh items (but please ensure that food you donate is long-life).

In addition to the products listed below, you can also use store cupboard basics such as salt, pepper and spices and include a small loaf of bread and small tub of butter/spread.

Food item	Quantity
• Cereal	1 small box
• Tea or coffee	40 bags/small jar
• Soup	2 standard tins
• Beans or spaghetti	2 standard tins
• Tomatoes	2 standard tins
• Vegetables (Potato+1 other)	2 standard tins
• Fish	1 small tin
• Meat or Vegetarian	1 small tin/pack
• Pasta or rice	500g packet
• Pasta or curry sauce	1 standard jar
• Fruit	1 standard tin
• Rice pudding or custard	1 standard tin
• Milk	1 litre
• Long life juice	1 litre
• Biscuits	1 small packet
• Crackers	1 small packet
• Peanut butter	1 jar

When available, a food parcel may also contain the following items:

• Treats	1 small bar
• Jam	1 standard jar
• Sugar if needed	1 small packet