



In Their Shoes, shopping list for 3-4 people

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 loaf of bread and tub of butter/spread.

Food item	Quantity
• Cereal	1 large box
• Tea or coffee	160 bags/ jar
• Soup	4 standard tins
• Beans or spaghetti	4 standard tins
• Tomatoes	4 standard tins
• Vegetables (2 x potato+2 other)	4 standard tins
• Instant mash	1 packet
• Fish	4 standard tins
• Meat or Vegetarian	3 standard tins/packs
• Pasta or rice	1.5kg packet
• Pasta or curry sauce	2 standard jar
• Fruit	2 standard tin
• Rice pudding or custard	2 standard tin/carton
• Milk	2 litres
• Long life juice	1 litre
• Biscuits	1 large packet
• Crackers	1 packet
• Peanut butter	1 jar

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

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|-------------------|-------------------------------------|
| • Treats | chocolate bar plus packet of desert |
| • Jam | 1 standard jar |
| • Sugar if needed | 1 small packet |