Food Bank Shopping List

Please help feed local people in crisis by purchasing one or more items on this list and donating them to your nearest drop off point, or direct to our base here in Rushden.

The Food Supply Project seeks to provide a minimum of 3 days non-perishable emergency food supplies to local people in crisis. The average cost of a food parcel is around £25 and the average purchase price for items as below is around £1. The brand does not matter. We work in partnership with local churches, frontline care professionals, community carers, voluntary sector agencies and others to identify need.

- ☐ Milk (UHT or powdered)
- ☐ Sugar 500g
- ☐ Tea bags/ Coffee jar
- ☐ Fruit juice (carton)
- ☐ Soup (tinned or instant)
- ☐ Pasta sauces
- ☐ Sponge pudding
- ☐ Rice pudding
- ☐ Custard (tinned)
- ☐ Tomatoes
- ☐ Vegetables
- ☐ Potatoes (tinned)
- ☐ Cereals or Oats
- ☐ Dried pasta
- ☐ Rice or noodles
- ☐ Baked beans
- ☐ Kidney beans
- ☐ Tinned meat or fish
- ☐ Biscuits or Snack bars
- ☐ Jams, marmalades and spreads
- ☐ Tinned fruit
- ☐ Soaps
- ☐ Toilet rolls
- ☐ Shower gels
- ☐ Tooth pastes
- ☐ Shaving foam

All people seeking help or assistance in crisis can call in to our Cornerfield Café Drop in service on Mondays, Thursdays and Fridays from 9:30am till 12:30pm for an assessment and further information.

Where to leave your shopping

You can drop your donations at:

Full Gospel Church
60 High Street South
Rushden
Northants
NN10 0QX