



WE COLLECT DONATIONS FOR THE AMBLE FOOD BANK





Suggested items include

Toilet Rolls Biscuits Tooth paste, Shower Gel, Soap Puddings, Cereal, Soup Tinned Potatoes, Tinned carrots, Tinned sweet corn Chopped tomatoes, Cooking Oil Tinned peas, Tinned green beans Pasta, Pasta sauce, Rice, Baked beans Tinned pilchards, Tinned tuna Tinned ham, Tinned luncheon meat, Tinned hot dogs Coffee (100g), Tea (80 – 100), Sugar, Long life milk Tinned beef and onion, Tinned sausage casserole Tinned Irish stew, Tinned stewed steak Tinned chilli con carne Email address: amblefoodbank@gmail.com