

# Shopping List

<input type="checkbox"/> Milk (UHT)	<input type="checkbox"/> Noodles
<input type="checkbox"/> Evaporated milk	<input type="checkbox"/> Soup (tinned or packet)
<input type="checkbox"/> Fruit juice	<input type="checkbox"/> Breakfast cereal
<input type="checkbox"/> Tinned tomatoes	<input type="checkbox"/> Biscuits or snack bars
<input type="checkbox"/> Baked beans / Tinned beans	<input type="checkbox"/> Tea bags
<input type="checkbox"/> Kunserva / Tomato paste	<input type="checkbox"/> Instant coffee
<input type="checkbox"/> Passata	<input type="checkbox"/> Jam (not homemade) / Honey
<input type="checkbox"/> Tinned vegetables	<input type="checkbox"/> Pesto / Cooking sauce
<input type="checkbox"/> Tinned meat	<input type="checkbox"/> Crackers
<input type="checkbox"/> Tinned fish	<input type="checkbox"/> Dry pasta
<input type="checkbox"/> Rice	<input type="checkbox"/> Mashed potatoes
<input type="checkbox"/> Couscous	<input type="checkbox"/> Stock cubes / Yeast extract
<input type="checkbox"/> Jelly	<input type="checkbox"/> Instant custard

Please remember not to donate expired food or fresh/frozen items.

Also, please do not donate catering sized boxes of food as we are not allowed to open and re-package them.

## An easier way to help?

Pick up a few items from this list whilst your doing your own shopping.  
 Then just drop off in our donation boxes at:

**Pama Shopping Complex** (Mosta)

**Smart Supermarket** (B'kara)

**Welbees Supermarkets** (Naxxar & Mellieha)

Or if you shop at **Greens**, an even easier way is to donate your points!

## Thank you for supporting us!

[www.foodbanklifeline.com](http://www.foodbanklifeline.com)

210 Old Bakery Street, Valletta

E: [help@foodbanklifeline.com](mailto:help@foodbanklifeline.com)

 FoodbankLifeline

Supported by:

