

<input type="checkbox"/> Evaporated milk	<input type="checkbox"/> Noodles
<input type="checkbox"/> Fruit juice	<input type="checkbox"/> Soup (tinned or packet)
<input type="checkbox"/> Tinned tomatoes	<input type="checkbox"/> Breakfast cereal
<input type="checkbox"/> Baked beans / Tinned beans	<input type="checkbox"/> Biscuits or snack bars
<input type="checkbox"/> Kunserva / Tomato paste	<input type="checkbox"/> Instant coffee
<input type="checkbox"/> Passata	<input type="checkbox"/> Jam / 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 as we will not be able to hand these out by law. Also, please do not donate catering sized boxes of food as we are not allowed to open and re-package them.*

## ALTERNATIVE WAYS TO HELP:

Pick up a few items from this list while 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** or **Welbees Supermarkets**, you can simply donate your gained points which we will then exchange for food.

## OTHER WAYS TO DONATE:



Scan this QR code for other ways you can help us stop hunger in Malta.

*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)

f FoodbankLifeline

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Supported by:



**izola Bank**



THE ALFRED MIZZI FOUNDATION