

A list of suitable items include:

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- Rice
- Pasta
- Cous cous
- Pasta sauce
- Spaghetti
- Cooking oil
- Salt
- Teabags
- Sugar
- Coffee
- Biscuits
- Plain/self raising flour
- Spices (chilli powder/tumeric)
- Tinned baked beans
- Tinned tomatoes
- Tinned veg (peas/carrots /potato)
- Veg and tomato Soups
- Tinned chick peas
- Long life milk
- Tinned fruit
- Tinned desserts



This world Homelessness day, let's tackle the problem together and do what we can to raise awareness and help those in need.

Remember, people need people.

