

How you can help our food bank ...

Non-Perishable Food

- Tinned 'meals' with meat/pies (Fray Bentons, Stewed Steak, Chicken Curry etc)
- Tinned fish and meats (Ham, Spam, Corned Beef, Tuna, Salmon)
- Instant mash
- Tinned potatoes and vegetables
- Tinned Tomatoes, Beans, Spaghetti
- 'Super Noodles' or similar
- Desserts e.g. Angel Delight, Jelly, Jam
- Tinned rice pudding, tinned fruit
- Custard - tinned/ready made
- Sponge Puddings (tinned/micro pack)
- Coffee - instant (small jars/packs), Sugar, Tea
- Savoury treats/snacks (cheesy biscuits, crisps, crackers, breakfast bars)
- Sweet treats (sweets, chocolate)
- Long-life UHT Milk
- Cereal, porridge
- Pasta, rice
- Diluted Pop/ Carton Fruit Juice

Perishable Food

- Milk, Cheese, Butter, Margarine, Fresh Fruits and Vegetables, Yoghurts

Other

- Shampoo&conditioner
- Shower gel
- Soap - liquid or bars
- Deodorant (male and female)
- Toilet Roll
- Washing powder/tablets
- Household cleaning products
- Feminine Hygiene products
- Dog/Cat food
- Toothpaste

Drop off point (Mon-Fri, 9-4pm)

St. Swithuns Community Centre,
Arncliffe Rd,
Wakefield
WF1 4RR
Tel. 01924 361212
Email: info@eastmoorcommunity.co.uk

Please contact us;

- If you have a substantial donation in need of collection by one of our volunteers
- If you have arranged for an online supermarket order to be delivered direct to the Centre.