

Shopping List for St George's LENTEN food collection

BASICS

Sugar
Tea
Coffee (small jars)

Olive oil
Vegetable oil

Basmati rice
Noodles
Pasta (small shapes)

Tinned fish - tuna, salmon
Long life milk
Flat bread (in vacuum sealed bag)

CLEANING

Shampoo
Shaving cream
Shavers
Toothpaste and toothbrushes
Soap
Deodorant

Washing powder
Dish detergent
Household cleaners
Garbage bags
Bin liners
Gladwrap
Tinfoil

SPICES and SNACKS

Spices - salt and pepper
Coriander, cumin, cardamom,
cinnamon, ginger, chilli, curry
powder

Dried fruit - dates, apricots

Nuts - cashews, almonds,
peanuts

Biscuits - sweet and savoury

Play lunch snacks

Jam (esp red jam)

Honey (very appreciated)

REFRIGERATED ITEMS

Cheddar cheese - block or slices
Eggs

Please buy these just before 6 APR