

4th October
2019



URGENTLY NEEDED FOOD ITEMS

INSTANT COFFEE

LONG LIFE FRUIT JUICE OR SQUASH

TINNED FRUIT

TINNED FISH

TINNED TOMATOES

TINNED MEAT

TINNED VEGETABLES

RICE PUDDING OR CUSTARD

INSTANT MASH

SOUP

CHOCOLATES AND SWEETS

TOILETRIES

WE HAVE PLENTY OF

BEANS

PASTA

TEA BAGS

SWANSEA FOODBANK

**HELPING LOCAL
PEOPLE IN CRISIS**