



BOX OF HOPE



SHOPPING LIST

Items in bold in high demand:

Long life milk – 1 Litre

Baked beans 400g

Tinned fish

Pasta 500g

Rice 1kg

Tinned tomatoes 400g

Vegetable Oil 1 Litre

Sugar

Shower gel

Shampoo

Feminine hygiene

products

Biscuits

Breakfast Cereal

Tinned meals

Squash

Sweets

Soup

Pasta sauce

Tinned vegetables

Tinned fruit

Tea

Instant coffee

Hot chocolate

Felt tip pens/Crayons

Children's colouring/activity books

Drawing paper/card