BETHNAL GREEN FOOD BANK

Thanks for thinking of us! The below items make up the bulk of our parcels and are especially appreciated. Please make sure that all items donated are in-date, unopened, non-perishable and alcohol-free.

TINNED FRUIT

TINNED VEGETABLES

TINNED PULSES

TINNED FISH

SOUP (MEAT OR VEG)

BAKED BEANS

POT NOODLES

CEREAL BARS

BISCUITS

CUSTARD

JAM OR PEANUT BUTTER

TEA OR COFFEE

UHT MILK OR LONG-LIFE FRUIT JUICE

PASTA OR RICE

PET FOOD

FEMALE SANITARY PRODUCTS

NAPPIES (SIZES 3-6)