

This is a list of the items that the Family Support team put in the monthly food parcels for families.

- Cereals - Coco Pops, Cheerios, Weetabix, Corn Flakes, Shreddies ,Oats
- Long-life semi-skimmed milk
- Basmati rice - 1kg, 2k and 3kg packs
- Tuna - *in brine /spring water* , tinned hot dogs, meat balls, corned beef
- Cooking oil – 1litre/3 litre bottles
- Tinned tomatoes, sweetcorn, green beans, carrots, peas, baked beans
- Tinned chickpeas, kidney beans, lentils
- Pasta Sauce – tomato, cheese, mushroom
- Sweet biscuits - digestives, rich tea, shortbread, cookies
- Sugar - granulated
- Tea – small packs, Coffee – small jars, Drinking chocolate – made with water or milk
- Fruit juices & squash
- Tinned fruit – peaches, mangos, pineapple, tropical fruits, rice pudding, custard
- Jam, chocolate spread, peanut butter, honey
- Nappies – sizes 4, 5, 6, 6+, baby wipes, baby toiletries
- Toothpaste, toothbrushes, liquid soap, shower gel, shampoo, conditioner, deodorants, sanitary towels
- Washing powder, toilet rolls, washing up liquid, kitchen towels