Alton Foodbank Shopping List November 2023 

**Please buy a long life item from this list of items for the foodbank**

**\* Tinned meat**

**\* Tinned fish**

**\* Tinned vegetables**

**\* Long life fruit juice**

**\* Tinned custard**

**\* Sponge puddings (long life)  
\* Tinned rice pudding  
\* Sanitary towels and tampons**

**We currently have very good supplies of**

**Baked beans**

**Pasta**

**Rice**

**Soup**

*Thank you for your support*

Reg. Charity No. 1151471

Reg. in England & Wales