



Youth and Families Matter

# BASICS BANK

Emergency groceries

You can help by donating any of the following items:



Tea



Coffee



Biscuits



Breakfast cereals



Pasta



Rice



Soup



Baked beans or spaghetti



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 Tinned meat  
*steak/stew/chicken/  
sausages/meatballs*


 Tinned fish

 Tinned ready meal  
*curry/ravioli/chilli/  
bolognaise*

 Tinned cold meat  
*corned beef/ham/  
chicken/spam*

 Tinned tomatoes


 Tinned veg

 Tinned potatoes


 Rice pudding


 Tinned fruit


 Custard

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