

Support your local food bank

BASICS BANK

emergency food for people in crisis

You can help by buying any of the items listed below - we've put stars by the things we always run out of.

- Tinned cold meat ★
e.g. corned beef, ham, chicken, spam
- Tinned meals / meat ★
e.g. curry, bolognese, meatballs, chilli, steak, beef stew, chicken in sauce
- Tinned meat pies ★
- Curry sauce
- Pasta sauce
- Tinned custard
- Tinned rice pudding
- Tinned fruit
- UHT milk
- Packet sauce mixes
e.g. pasta bake, chilli, sausage casserole
- Tinned potatoes
- Tinned carrots
- Spaghetti hoops
- Tinned fish
- Macaroni Cheese
- Biscuits
- Coffee
- Tea bags (40 or 80)
- Cereal

We have plenty of pasta, rice, tinned peas, tinned tomatoes, baked beans and soup.

Youth and Families Matter, 283a Salisbury Road,
Totton SO40 3LZ | www.youthandfamiliesmatter.org.uk
023 8086 0320

Registered Charity Number 1128524

YFM is the community project of Testwood Baptist Church



Youth and Families Matter
listening . caring . empowering