



Contribution List

Please help local people in crisis by buying items from the list below and giving them to
Rainham foodbank's

Required items:

Sweet Biscuits

Boxes of Chocolates/Large Bar Chocolate (150/200g)

Snacks & Nibbles (e.g. peanuts)

Sugar (500g/ 1kg)

UHT Milk

Fruit Juice

Breakfast cereal

Sponge Pudding

Pasta

Rice

Pasta Sources

Tinned products e.g Tomatoes, Fish, Meat , Fruit, Sweet-corn, Beans, Spaghetti

Tea Bags / Instant Coffee

Deodorant (Women/Men)

Toilet Rolls

*Thank you for
Supporting
The Rainham Foodbank*



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