

Please help feed local people in crisis by buying items from our list and bringing them to the Crieff 10k on 8<sup>th</sup> July to donate to Perth and Kinross foodbank.

Thank you!

## Shopping List

### *Top priority*

- Milk (UHT or powdered)
- Sugar (500g)
- Fruit Juice (carton or diluting)
- Pasta sauces
- Rice pudding /custard (tinned)
- Tinned meat / fish
- Tinned vegetables
- Tinned fruit
- Instant coffee

### *Also much appreciated*

- Soup – tinned or packet
- Sponge pudding (tinned)
- Tomatoes (tinned)
- Cereals
- Teabags
- Instant mash potato
- Rice / pasta
- Jam
- Biscuits or snack bars
- Toilet rolls
- Dog and cat food