THE OPEN HANDS TRUST

Shopping List

- Milk (UHT or powdered)
- Sugar (500g)
- Long life fruit juice
- Tins of soup
- Pasta sauces
- Sponge pudding (tin)
- Tinned tomatoes
- Breakfast cereals
- Tea Bags
- Jar of instant coffee
- Instant mash potato
- 500g rice
- 500g pasta
- Tinned meat/fish
- Tinned fruit
- Jar of jam
- Packets of biscuits
- Snacks

Please help feed people in crisis in and around Gibraltar by buying items from our list and donating them to your nearest foodbank collection point.

Thank you for caring!

PDF created with pdfFactory Pro trial version www.pdffactory.com