

What to buy for Ealing Foodbank?



Our mission is that when someone comes to us in food crisis, we are able to give them enough to feed themselves and their whole family, breakfast, lunch and dinner for **THREE DAYS**. Naturally, we never want to waste anything that is donated, but sometimes we are given things that we just can't use or give away.

So, here are some guidelines to help you shop! www.ealing.foodbank.org.uk

All food must be:



- Long life - **at least** 6 months shelf life
- Small sizes are best (max 1kg)
- Check the online shopping list to see what we need!!



We have a large supply of certain foods, so currently **DON'T REQUIRE:**

- Dry pasta - any shape
- Baked beans or other pulses
- Tinned tomatoes
- Vegetable soup

We **cannot** accept:



- Fresh or frozen foods
- Out of date foods
- Opened or used packets
- Catering or 'family' size packs
- Alcohol