

# NO ALCOHOL, NUTS OR CANDLES



## Large Family 5+

Tea  
Coffee  
Hot Chocolate  
Juice  
x1 sugar  
x2 jam  
x4 Beans  
x4 Spaghetti in Tomato  
x2 tinned tuna  
x2 tinned fruit  
x2 tinned veg  
x4 soup  
x4 tinned tomatoes  
x2 pasta  
x4 spagehetti  
x4 dolmio ( stir in sauce)  
x2 cereal  
x2 Family bag of crisps  
x1 box of Celebrations/Heros  
x1 Box of crackers  
x1 Mince Pies  
x 2 cleaning wipes  
x2 cloths  
x1 washing up liquid  
x1 toothpaste  
tooth brushes  
X1 Shampoo  
x1 conditioner



## Medium Family 3-4

Tea  
Coffee  
Hot Chocolate  
Juice  
x1 sugar  
x2 jam  
x2 Beans  
x2 Spaghetti in Tomato  
x2 tuna  
x2 tinned fruit  
x2 soup  
x4 tinned tomatoes  
x2 pasta  
x1 spagehetti  
x4 dolmio ( stir in sauce)  
x1/2 cereal  
x1 Family bag of crisps  
x1 box of Celebrations/Heros  
x1 Box of crackers  
x1 Mince Pies  
x 1 cleaning wipes  
x1 cloths  
x1 washing up liquid  
x1 toothpaste  
tooth brushes  
X1 Shampoo  
x1 conditioner



## Small Family 1-2

Tea  
Coffee  
Hot Chocolate  
x1 sugar  
x1 jam  
x2 Beans  
x2 soup  
x2 tinned tomatoes  
x1 tinned fruit  
x1 tinned tuna  
x1 pasta  
x1 spagehetti  
x4 dolmio ( stir in sauce)  
x1/2 cereal  
x1 Family bag of crisps  
x1 box of treats  
x1 Mince Pies  
x 1 cleaning wipes  
x1 cloths  
x1 washing up liquid  
x1 toothpaste  
x1 tooth brushes  
X1 Shampoo  
x1 conditioner

[#helpforhunger](https://www.helpforhunger.org)