

# WHAT'S IN A FOOD PARCEL?

Our Foodbank provides three days of nutritionally balanced, non-perishable food.



**The Trussell Trust** has worked with nutritionists to ensure food parcels contains sufficient nutrition for at least three days worth of healthy, balanced meals for individuals and families.

## A TYPICAL FOOD PARCEL INCLUDES:

- Breakfast cereals
- Soup
- Pasta
- Rice
- Pasta sauce
- Tinned beans
- Tinned meat
- Tinned vegetables
- Tinned fruit
- Tea or coffee
- Sugar
- Biscuits
- Snacks
- UHT milk
- Bread

## URGENTLY NEEDED FOOD ITEMS IN ORDER OF NEED

UHT MILK (1 LITRE)

LONG LIFE FRUIT JUICE

TINNED VEGETABLES

MASHED POTATO (PACKET)

TINNED FRUIT/PUDDINGS (400GMS)

TINNED MEAT

COFFEE

BREAKFAST CEAREALS

## DIETARY REQUIREMENTS

Our foodbank can usually adapt your food parcel to meet your dietary needs, for example, gluten free, halal or vegetarian. When you arrive at the foodbank centre, a volunteer will chat to you about an special dietary requirements you may have.