



We urgently
need your help
with Covid-19



Current shortages are marked in **Red**

Hygienic items:

Tooth brushes, tooth paste -
both adult and children,

Razors & shaving cream/foam,

Monetary:

CASH DONATIONS

Jars/ cartons:

Milk (long life UHT)
Pasta and cooking **Sauces**
Breakfast spreads
Tea and coffee
Long life fruit juice

Fresh:

All fresh vegetables and fruit.

Tinned goods:

Vegetables
Meat
Puddings and rice puddings
Fruit
Baked beans and pulses
Stews
Soups
Tomatoes

Packets:

Potato (packet mashed)
Breakfast cereals and porridge
Pasta
Rice, Lentils, couscous etc.
Sugar, Biscuits



Please drop off your food donations on
Wednesday's 4-6pm at
St. Thomas Aquinas Church parking lot,
2 Ham Road, Ham Common