



We urgently  
need your help  
with Covid-19



## Most needed Items November 2020

### Hygienic items:

Tooth brushes, tooth paste - both  
adult and children

Razors & shaving cream/foam

### Jars/ cartons:

**Milk** (long life UHT)

**Breakfast spreads**

Tea and **Coffee**

**Long life fruit juice**

Pasta and cooking Sauces

### Tinnes/Jars :

**Vegetables**

**Meat and Fish**

**Fruit**

**Puddings and rice puddings**

Baked beans and pulses

Tomatoes

### Monetary:

#### **CASH DONATIONS**

(For special dietary needs and daily  
supplies included in the 3-day Support  
Kit, as well as covering costs to run the  
charity)

### Packets:

**Potato (mashed)**

**Breakfast cereals / porridge**

**Rice, Pasta**

Lentils, couscous etc.

Biscuits

### Ready to heat or eat - long-lasting !

**Stews**

**Soups**

Please drop off your donations on

**Wednesday's 4-6pm +  
First Sunday o. t. M. 11-1pm**

at

**St. Thomas Aquinas Church parking lot,  
2 Ham Road, Ham Common**

