

FAMILY HAVEN FOOD SHOPPING LIST

Donations of any of the following are welcome:

- Pasta, rice
- Tinned food (tomatoes, fruit, tuna, corned beef, custard, baked beans, coconut milk, kidney beans, chickpeas, cannellini beans)
- Sauces: mayonnaise, tomato sauce, salad cream, Worcestershire sauce
- Jars: sweet & sour
- Herbs & spices
- Stock cubes: chicken, beef and vegetable
- Potato starch
- Tomato puree, garlic puree
- Stuffing mix
- Curry paste
- Gravy granules: chicken beef, vegetable
- Olive oil
- Breadcrumbs
- Cereals: cornflakes, rice crispies, Weetabix Cheerios (not the sugary cereals)
- Flour, cornflour
- Baking powder
- Flan cases
- Packets: blancmange, custard
- Food colourings (for baking with children) – no additives
- Jelly
- Tea, coffee, fruit teas, decaff
- Sugar
- Fresh fruit and vegetables

Also:

- Cling film
- Freezer bags – various sizes
- Tin foil
- Baking parchment
- Greaseproof paper
- Takeaway plastic containers (wash and bring your old ones – they'll be fine)

Always needed:

- New books and toys eg. Mr Potato Head and Friends, wooden play food, magnets, classic children's books, board books, toddler stories
- New ethnic dolls suitable for children under five
- New toys suitable for small babies, especially wooden toys
- Tea towels
- Baby wipes, nappy sacks and nappies
- Boxes of tissues
- Kids' wrapping paper/birthday cards for boys and girls up to age 4
- Christmas wrapping paper/gift cards/large gift bags (30cm ish) for children and adults

Donations can be left in St Mary de Lode or St Swithun's marked 'Family Haven'. Thank you.

The Family Haven's Shopping List



The Family Haven helps disadvantaged and vulnerable families in Gloucestershire to a brighter future, providing a warm, caring and supportive day centre for parents and their pre-school children.

www.thefamilyhaven.com