

Harvest 2020

Thank you for choosing to donate to the work of Bolton Food Hub, Urban Outreach.

We are grateful to receive all long life food but should you need some inspiration here is a list below:

Box cereal

UHT milk

Cordial/juice (1litre)

Teabags

Small jar coffee

Biscuits

Tinned soup

Tinned chopped tomatoes

Tinned baked beans

Tinned spaghetti hoops

Tinned peas

Tinned sweetcorn

Tinned fish

Tinned meat

Tinned meat meals

**Tinned pulses (ie, chick peas,
kidney beans etc)**

Pasta sauce jar

500g pasta

1kg rice

Tinned fruit

Tinned custard

Tinned rice pudding

Instant noodles, cuppa soup,

Microwave rice etc

Toilet roll

