



Conwy Food Bank

Feeding local people in crisis

www.conwyfoodbank.co.uk

Spring 2017 update

We would like to thank all our supporters for your regular donations of food which enable us to provide food parcels to the local community. A total of 783 parcels were distributed in the year ending January 2017.

We have had a busy start to this year and have therefore used a high level of stock. As usual, we have a surplus of certain items but very short of others so we would be grateful if you could consider the following lists when deciding what food to donate to us.

Any other food items not mentioned remain at a steady level so although not as urgent, are also still needed. Thank you.

The following is a list of items of which we have plenty of stock for the time being

Soup (tins)
Baked Beans
Tuna & all tinned fish
All toiletries (apart from toilet rolls)

The following is a list of items we need

Coffee
Sugar
Biscuits
Tins of Chicken in White Sauce
Tins of Chilli con Carne
Tins of Meat Curry
Cheese Sauce powder
Snack size instant noodles
Instant mashed potato
Jars of Pasta Sauce
Tins of Fruit
Tins of Rice Pudding
Angel Delight or similar
Crisps, Snacks, Treats, Cereal Bars
Toilet Rolls