

**Harvest:**  
a time to  
SHARE

SHOPPING LIST

Canned fruit and veg  
Pasta sauce (small jars)  
Long life fruit juice  
Instant potato  
Long life milk  
Canned spaghetti  
Long life desserts and custard  
Tins of casserole meat  
Canned fish  
Rice and noodles  
Long life snacks and crisps  
Small chocolate treats  
Spreads  
Ketchup and brown sauce  
Instant coffee (small jars)  
Washing detergent  
Toilet paper  
Deodorant  
Shampoo and shower gel

**Can you help put a meal  
on the table?**