

TEIGN VALLEY LARDER SHOPPING LIST

We've created a 'larder' where people can donate food, and those in need of food can pick some things up for free. Anyone can use it. We'd like to help reduce food waste, and we especially hope it will help people who are struggling at the moment. If you're not able to visit the larder yourself (it's in the porch of St. James's church, Christow) and Acorn or community volunteers are delivering your shopping, you can use this list to let them know what you need. You can also give them any spare tinned food you want to donate to the larder.

Product	Number needed
Loo roll	
Shampoo	
Conditioner	
Laundry liquid	
Wash up liquid	
Soup	
Tinned vegetables	
Tinned potatoes	
Baked beans	
Pasta / curry sauce	
Tinned tomatoes	
Tinned tuna/fish	
Tinned tofu	
Tinned meats / pies	
Tinned / carton fruit	
Tinned / carton custard	
Rice pudding	
UHT milk cartons	
Cat food tin	
Dog food tins	
Dry cat food bags	
Dog biscuits bags	
Jar of jam	

Product	Number needed
Packets pasta	
Packets rice	
Loaves bread	
Instant mashed potato	
Cereal / muesli / oats	
Biscuits	
Tea bags	
Coffee	
Sugar	
Sponge pudding	
Toothpaste	
Packs toothbrushes	
Deodorant	
Packets sanitary towels	
Bottle of handwash	
Bar of soap / shower gel	
Small bottle bodywash/soap	
Packs of nappies size 1, 3 or 5	
Bananas	
Oranges	
Apples	
Onions	
Potatoes	

If you need something that's not on this list write it in a blank space and we'll try to help, but we can't make any promises as we rely on donations.