

# Give Us This Day Our...

**Daily Bread Food Larder** help many residents of North East Lincolnshire, who find themselves experiencing poverty, hardship and distress, despite a statutory system that in general supports them.

## Provisions needed:

### Breakfast

Jam/spreads
Cereals – small
packets and variety
packs
Long life milk
Powdered milk
Tea bags
Instant coffee
Boxed long-life fruit
juices

# Lunch and/or evening meal

Soup – tins and packets Tinned vegetables – peas, beans, carrots, sweet corn, tomatoes, spinach etc Tinned beans/spaghetti etc

Tinned meat – stew. chicken, mince, corned beef etc Tinned fish - tuna, salmon, pilchards, sardines, mackerel etc Pasta Rice Supernoodles Sauces/sauce mixes packets or jars Soya mix etc for vegetarians Tinned rice pudding Instant whip Custard - tinned or Dried fruit - raisins, dates, apricots etc

### Miscellaneous

Chocolate bars Biscuits





For more information please contact CARE on 01472 232310 or Jo Middleton (Churches Together) on 01472 358610. email: enquiries@carenelincs.co.uk

