

Lentils
Rice
Savoury Rice
Pasta
Dried Pasta in Sauce
Packet Noodles
Cereal/Energy Bars
Cup-a-Soup
Dried Fruit and/or Nuts
Porridge
Cereals

Tinned Tomatoes
Tinned soups
Tinned meats
Tinned Fish
Tinned Hot Dog Sausages
Tinned Meatballs
Tinned Spaghetti
Tinned Vegetables
Tinned Fruit
Hot drinks

Dog food / Cat Food

Nappies
Wet Wipes
Nappy cream
Baby Foods
Baby Formula
(Dry or Ready-Mixed)
Baby Talcum Powder
Baby Oil
Baby Shampoo

Toilet Rolls

Soap (Liquid or Bars)
Toothbrushes
Toothpaste
Roll-on Deodorants
Ladies sanitary products
Shower Gel
Dry Shampoo (preferably)
Paracetamol
(Tablets and Children's)
Ibuprofen
(Tablets and Children's)
Dressings & Plasters