



**The most needed items in Corby foodbank at present are:**

soup  
spaghetti in sauce  
tinned fish  
tinned fruit  
long life juice  
shampoo  
shower gel  
toilet rolls

**A typical food parcel also includes:**

cereal  
soup  
pasta  
rice  
tinned tomatoes/ pasta sauce  
lentils, beans and pulses  
tinned vegetables  
biscuits  
tea

**Our Food Bank relies on your goodwill and support.**

Over 90% of the food distributed by the Food Banks in The Trussell Trust network is donated by the public – that's why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three-day supply of food.

**All donations no matter how small are very useful and welcome,** but we would ask that you avoid Christmas specific food items.