

- Milk (UHT or powdered);
- Sugar (500g);
- Fruit Juice (carton);
- Soup;
- Pasta Sauces;
- Sponge Pudding (tinned);
- Tomatoes (tinned);
- Cereals;
- Rice Pudding (tinned);
- Tea Bags / Instant Coffee;
- Instant Mash Potato;
- Rice / Pasta;
- Tinned Meat / Fish;
- Tinned Fruit;
- Jam;
- Biscuits or Snack Bars.