

## Help people who are going hungry

Foodshare provides food for people in and around Maidenhead who are unable to afford to feed themselves or their family adequately.

Please donate just one item of food each week from our Wish List below.

**One item  
a week**

### Wish List - Please donate only:

- ✓ Tinned meat/fish
- ✓ Tinned vegetables
- ✓ Tinned tomatoes
- ✓ Soup
- ✓ Cooking sauces
- ✓ Herbs/Spices
- ✓ Breakfast cereals
- ✓ Instant coffee/Tea bags
- ✓ Sugar
- ✓ UHT Milk
- ✓ Rice
- ✓ Instant mash
- ✓ Tinned desserts
- ✓ Biscuits/Snack Bars
- ✓ Jams
- ✓ Fruit juice

