

**Norwich Foodbank**  
**Food and Non-Food items**

Food items:

- Cereal
- Soup
- Dry pasta
- Rice
- Tinned tomatoes/pasta sauce
- Lentils, beans and pulses
- Tinned meat
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits
- UHT milk
- Fruit juice

Non-Food items:

- Toiletries:
  - Deodorant,
  - Toilet paper,
  - Shower gel,
  - Shaving gel,
  - Shampoo,
  - Soap,
  - Toothbrushes,
  - Toothpaste.
  
- Household items:
  - Laundry liquid detergent,
  - Laundry powder,
  - Washing up liquid.
  
- Feminine products.
  
- Baby supplies:
  - Nappies,
  - Baby wipes,
  - Baby food.