

## For someone who is homeless

- Snack Bars/  
Biscuits
- Tinned Fruit
- Beans
- Pot Noodles
- Water
- Fruit Juice



## For those that have cooking facilities



- Beans
- Pasta
- Rice
- Tinned Meat
- Tinned Veg
- Soup
- Tinned curry
- Tinned Fish
- Tinned tomatoes/  
Pasta sauces
- Lentils/beans/pulses

