

Shopping List

As chiropractors who are interested in the health and wellness of our patients we have adapted the shopping list provided by Trussell Trust to include alternative food that is conducive to good health and will help families gain access to better quality foods during the festive period that may not typically be donated.

- Tins of organic soup (Heinz Whole Earth)
- Tinned fish (tuna, sardines, mackerel, salmon)
- Tinned fruit/vegetables
- Tinned puddings
- Pasta (wholemeal/gluten free) or couscous
- Organic pasta/curry sauces
- Brown rice
- Organic jam/marmalade
- Dried noodles
- Brown sugar
- Coffee/tea
- Organic biscuits/chocolate
- Mince pies/Christmas pudding
- Organic baby food
- Nappies
- Toiletries

PLEASE NOTE: We can only accept donations that are freshly bought, unopened and undamaged and that are within no less than 6 months of their use by date.

