

SINGLE HOMELESS FOOD BAG DONATIONS – A GUIDE

GUIDELINES

The food bags will be donated to single people who are self-isolating in temporary accommodation.

Cooking facilities are not available so food will need to be ready to eat, or meals such as pot noodle, long life ready meals.

All food should be non-perishable to enable it to be stored.

Please only include tins with ring-pulls.

Please put all items in one bag, such as a bag for life from a supermarket, and label if it is vegetarian or not.

HOW MUCH FOOD?

Please include enough food for 5 days – 3 meals and snacks and plenty of bottled water.

Toiletries and cleaning products will also be very useful.

We appreciate that it is difficult to find food at the moment so the list below is intended as a guide.

WHAT TO INCLUDE IN THE BAG:

Food:

- Bottled water – this is essential
- Breakfast cereals
- Pot porridge (that can be made with hot water)
- Breakfast bars
- UHT milk
- Powdered milk
- Tea and coffee
- Pot noodles
- Pot soup
- Long life ready meals, e.g. tinned tuna pasta etc.
- Crackers
- Any long lasting snacks including pepperoni type foil wrapped meat snacks
- Biscuits
- Chocolate snacks
- Tinned fruit

Household items:

- Disposable cutlery, plastic plates, bowls and cups
- Cleaning spray, j cloths

Toiletries:

- Toilet paper
- Soap
- Shampoo
- Toothpaste
- Toothbrush
- Shaving gel

Feminine products (fewer needed)

- Sanitary towels
- Tampons