

ASRC Foodbank

10 MOST NEEDED ITEMS



1. Tuna in oil (400gm)
2. Olive oil (750ml-1L)
3. Raw, unsalted nuts
4. Honey (small bottles)



5. Dried fruit
6. Tahini

7. Spices (turmeric, cumin, chilli, garam masala, curry powder)



8. Tomato paste
9. Toothbrushes & toothpaste
10. Laundry powder (1kg max.)



Please note that the ASRC does not need baked beans, tinned spaghetti, or tinned soup