



## DENS Harvest Shopping List 2014

### Food:

Rice  
Vegetables (tinned)  
Hot meat (tinned)  
Cold meat (tinned)  
Tuna (tinned)  
Fruit (tinned)  
Rice pudding (tinned)  
Sugar (500g or 1kg)  
Coffee  
Teabags  
Puddings (tinned)  
Instant Mash  
Cereal bars  
Chocolate  
Biscuits  
Milk (long life)  
Fruit juice (1L long life)  
Spreads (not jams)  
Squash  
Custard  
Breakfast cereals  
Soup (tinned)  
Tomatoes (tinned)  
Cooking sauces (pasta & curry)

### For use within DENS services:

Strong black bags  
Washing powder  
Dishwasher tablets  
Toilet cleaner  
Antibacterial cleaning spray  
Furniture polish  
Air freshener  
Floor cleaner  
J cloths  
Washing up liquid  
Antibacterial liquid soap  
Bathroom cleaner  
Window cleaner spray  
Toilet rolls  
Shower gel  
Kitchen roll  
Tin foil & Cling film  
Rinse Aid  
Dishwasher salt  
Deodorants (men & women)  
Sanitary items  
Socks & underwear (men & women)

**Please note that all products must have a best before date of 2015 onwards.**

All of these items will be used to help those in need across DENS services, supporting the Night Shelter, Day Centre and Foodbank. **Thank you for your support!**

For donations/deliveries: The Hub, Paradise, Hemel Hempstead HP2 4TF

Weekdays 10am-12pm T: 01442 250969 E: [office@dacorumfoodbank.org.uk](mailto:office@dacorumfoodbank.org.uk)

[www.DENS.org.uk](http://www.DENS.org.uk) Charity No: 1097185