



# Quantock Foodbank

email: [quantockfoodbank@gmail.com](mailto:quantockfoodbank@gmail.com) tel: 07483 815122

**SERVING LOCAL PEOPLE IN CRISIS**



**THANK  
YOU!**

## *ITEMS REQUIRED*

- Long Life Milk - Juice*
- Cereal - Pasta - Rice*
- Pasta Sauce - Coffee*
- Tea - Biscuits - Jam*
- Tins: Meat - Fish -*
- Cold Meat - Tomatoes*
- Potatoes - Vegetables*
- Soup - Spaghetti -*
- Puddings - Fruit*