**November Needs List**

Long-Life (UHT) Milk

Small jars of coffee

Tinned Rice Pudding

Tinned Fruit

Sponge Puddings

Long-Life Fruit Juice

Tinned Meat (e.g stewed steak, chicken in sauce)

Tinned Fish

Washing-up liquid

Individual sweet/chocolate bars/packs

Jam

Shopping Bags