

# NON PERISHABLE FOOD ITEMS LIST



## Vacuum sealed jars

- **Meat** (hot dogs, sausages)
- **Sauces** (Bolognese, lasagne, pasta bakes, etc.)
- **Preserves** (jam, marmalade, honey, pickles, etc.)
- **Fruit & Veg** (carrots, cranberry, tomato, apple, etc.)

## Tinned meat, fish, fruit & veg:

- **Soups**
- **Meat** (corned beef, ham, pork, beef, meatballs, burgers, chicken, etc.)
- **Fish** (tuna, salmon, anchovies, mackerel, sardines, skippers, herring, etc.)
- **Ready meals** (stewed steak, minced beef, vegetable/ chicken/ beef curry, beef/ chicken casserole, Bolognese, etc.)
- **Fruit** (pears, peaches, mandarins, fruit cocktail, pineapple, prunes, grapefruit, apricot, berries (, raspberries, strawberries, blackcurrants), rhubarb, etc.)
- **Vegetables** (tomatoes, sweetcorn, chickpeas, beans, peas, carrots, etc.)

## Pre-packaged goods

- **Desserts** (angel delight, instant whip, etc.)
- **Bottled drinks** (minerals, water, fruit juices)
- **Carbohydrates** (pasta, rice, noodles, powdered potato, etc.)
- **Packets** (soups, custards, jelly, pepper/ parsley/white sauce, etc.)

## Special Dietary Goods

- **Diabetic** (sugar free items)
- **Coeliac** (gluten free items)
- **Lactose Intolerant** (lactose free items)

## Baby Requirements

- **Food** (baby formulas, baby food – jars, etc.)
- **Toiletries** (creams, wipes, nappies, etc.)

If you wish to further contribute to this project, volunteer your time or confidentially avail of CORE's services then please do not hesitate to contact us by; Email: [coremeath@gmail.com](mailto:coremeath@gmail.com) or by Telephone: 085 1920 150