

# Winter Appeal Shopping List 2009

## Food

- Pasta sauce
- Tuna
- Long life milk
- Weetbix
- Canned Soups
- Canned vegetables e.g. peas, corn, potatoes, carrots, green beans
- Tinned meals e.g. Irish Stew, Sausage and Veg, Braised Steak and Onion
- Canned fruit e.g. Apricots, peaches, pears, fruit salad

## Other

- Shampoo
- Conditioner

## Clothing & Household Items

- Blankets
- Flannelette sheets
- Warm coats