

# Free Shop list 2019

Boaz gave me somewhere to live and provided me with food through the Free Shop.  
I have no idea where I would be without Boaz- I would be on the streets.  
*Marianne, Cameroon*

We greatly appreciate donations for our monthly Free Shop, where our clients can access a choice of food and toiletry items. We have identified the most useful items for our clients and these are listed below.

Donations can be dropped off at our office between 10am – 4.30pm Monday to Friday but we would like to ask that you call first to arrange a time if you are bringing a large amount as our storage is limited and we may need to prepare a space!

## Tinned and dry goods

- Tinned chopped tomatoes
- Basmati rice
- Pasta
- Red Lentils
- Tuna – preferably in sunflower oil
- Sardines
- Beans –kidney, black eye
- Chickpeas
- Sweetcorn
- Sugar
- Salt
- Tea (English breakfast, herbal etc.)
- Coffee
- sunflower oil

## Toiletries (for men and women)

- Toothpaste
- Toothbrush
- Moisturising cream
- Hand cream
- Shower gel
- Soap
- Shampoo
- Conditioner
- Razors
- Shaving foam
- Sanitary towels (no tampons)
- Deodorant
- Perfume/body spray
- Aftershave/body spray

If you like the idea of helping provide food and toiletries but can't get physical donations to us, you might like to make an online gift to help us at [www.give.net/freeshop2018](http://www.give.net/freeshop2018)

We've learned that some typically British staples that we may enjoy are not to the tastes of many of our clients! Please avoid breakfast cereals, soup, tinned meals like casseroles, curries, meats in sauce, or spaghetti hoops. If you have some of these to donate, we'd encourage you to donate them to your local foodbank.

We're sorry but we can't accept partially used toiletries, clothing or food that has passed the use by date.

**Thank you so much for supporting our Free Shop!**