



## Home- Start West Lothian 2020 Hamper Items

Baked beans

Biscuits

Breakfast Cereal

Coffee

Cooking Sauces

Crackers

Crisps

Diluting Juice

Drinking Chocolate

Jam

Mince Pies/Apple Pies

Noodles/pasta/rice snack pots

Orange Juice/Apple Juice – longlife

Pasta

Pasta Sauces

Rice

Soup - Tinned or packets

Sugar

Tea Bags

Tin Foil

Tinned fruit

Tinned meat or fish

Tinned puddings or pudding pots – custard, rice, jelly

Tinned spaghetti/hoops

Tinned vegetables – Carrots, Peas, Potatoes, Sweetcorn etc

Toiletries – soaps, toothpaste, shampoo, sanitary products  
Washing-up-liquid