



November /December 2025

Please donate to the
Helensburgh and
Lomond Foodbank this
festive season



- **Tinned Meats** Fray Bentos Pies- Chicken or Steak, Large Tins Of Ham, Tins Chicken Casserole/White Wine Sauce
 - **Tins of Vegetables** Mixed Veg, Sweetcorn, Carrots, Peas
 - **Tins of Soup** Chicken, Scotch Broth or Vegetable
 - **Tins Fruit Cocktail**
 - **Christmas Puddings**
 - **Tins of Custard**
 - **Jars of Coffee**
 - **Stuffing Mix**
 - **Selection Boxes**
 - **Christmas Sweet and Chocolate Treats**
 - **Christmas Biscuits, Cake, Mincemeat Pies**
 - **Seasonal Savoury Snacks**
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- **Tinned Fish**
 - **Tinned Tomatoes**
 - **Tinned Baked Beans**
 - **UHT Long Life Milk**
 - **Pasta & Jars of Pasta Cooking Sauces.**
 - **1 litre Bottles of Oil**
 - **Boxes of Breakfast Cereals**

Please note we cannot take: Fresh food, Opened items or Out of Date food

Thankyou for your support.

<https://helensburghlomondfoodbank.org>