



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**Please note we cannot take: Fresh food, Opened items or Out of Date food**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