



Suggested Grocery List

<p>Tins:</p> <ul style="list-style-type: none"> • Cold tinned meat - Spam, Corned beef/ Stews/ Meat pies/ Hotdogs/ Curries • Tuna/sardines • Fruit • Custard • Rice pudding • Potatoes • Vegetables - peas, carrots, sweetcorn, mixed veg • Spaghetti 	<p>Packets:</p> <ul style="list-style-type: none"> • Biscuits sweet/savoury • Fruit juice (long life) • Rice • Pot/Instant Noodles • 'Mug Shots' • 'Pasta n Sauce' • Tea bags • Sugar (small bags) • Long-life milk • Custard • Instant 'Smash' potatoes
<p>Jars/Bottles:</p> <ul style="list-style-type: none"> • Pasta Sauce • Fruit Squash • Coffee (small) 	<p>Other items:</p> <ul style="list-style-type: none"> • Tin openers • Toilet rolls • Toiletries - shower gel • Cleaning products



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About CHAT (Churches Housing Action Team)

CHAT helps anyone in housing need in Mid Devon to gain access to decent, secure and affordable accommodation and to make positive changes through continuing support.

CHAT does this by providing Housing Advice and longer-term Support; our Debt and Money Advisor can help clients referred internally by colleagues.

Alongside this, we provide emergency food. Food parcels can be given to our clients, and those referred to us by outside agencies.

Why are food parcels needed?

- Delays in benefits
- Changes to benefits
- Between jobs
- Fluctuating agency work
- High cost of utilities
- Fuel poverty
- Unexpected financial crisis
- Homelessness



Registered Charity No:
1049478

With changes to the benefits system and on-going cuts to statutory Services we have seen an ever-increasing demand.

CHAT's services are a vital resource for the local community, helping to make the communities of Mid Devon better places for everyone.

By donating food, you help us ease the burden on over-stretched lives

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E-theoffice@chatmid.co.uk

www.chatmid.org

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