



Thank you so much for supporting local vulnerable families and individuals by donating to the One Can Trust.

We are currently extremely short of:

- Tinned meat – pies, mince, chicken, stews, ham, corned beef etc
- Long-life milk
- Tinned vegetables
- Cooking sauces

We also always need (but less urgently):

- Tinned tomatoes, jars of pasta sauce and pulses

It might interest you to know, that one of our trustees is a nutritionist and has worked out the best and most efficient way to keep hungry tummies fuller for longer which is why we have a push on certain items. Thank you so much!