



There are 12,000 children living in poverty in Buckinghamshire, a number of whom come from working households where circumstances mean they are struggling financially and this in turn leads to little being left in their budget for food.

**One Can Trust** has been formed to facilitate a number of community based projects such as the **One Can Trust foodbank** established to provide people deemed “in crisis” with a short term, free emergency food supply of non-perishable items. This may include pasta, soup, rice, beans, biscuits and cereals. Each parcel provides enough nutritious basic ingredients to create a range of meals. We also provide menu cards.

The foodbank is entirely stocked by the generosity of people in and around High Wycombe. If you would like to collect food at home, at your place of work or within a club or organisation we can supply you with shopping lists, collecting bins, posters and other advertising materials and leaflets. We are able to collect food donations but its far better if you can deliver your collection to Big Yellow Storage on London Road, High Wycombe – just tell them it is for the One Can Trust. They store it for us before it is sorted in the bank.

There are lots of other drop off points. Please check with the location before you go that they are open and able to take donations. If you do need us to collect donations from you, contact our Volunteer Coordinator,

Contact details:  
**Project director: Sarah Mordaunt**  
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**Volunteer Coordinator: Kate Vale**  
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See our website for much more on what we do and how YOU can be involved and change lives for the better: [www.onecantrust.org.uk](http://www.onecantrust.org.uk)



## SHOPPING LIST

One or more: Cans 400g, Jars 500g or Packets of:	
<b>Meat Pies in a can/ Tinned Meat /Curries / Chicken in sauces</b>	<b>Jam / Marmalade / Honey Chocolate Spread</b>
<b>Meatballs / Hotdogs</b>	<b>Sponge Puddings</b>
<b>Tuna / Salmon</b>	<b>Angel Delight / Jelly / Cus- tard</b>
<b>Tinned Carrots/ Peas/ other &amp; mixed vegeta- bles</b>	<b>Breakfast Cereals</b>
<b>Packet pasta / noodles / rice</b>	<b>Granulated Sugar (375g)</b>
<b>Corned beef / Tinned Ham</b>	<b>Biscuits/ Snack Bars</b>
<b>Tinned potatoes / In- stant mash potato</b>	<b>Nappies (sizes newborn to 5)</b>
<b>Tea Bags / Coffee / Hot Chocolate</b>	<b>Formula Milk</b>
<b>Long-life Bread / part baked bread</b>	<b>Toothpaste / Shower Gel / Toothbrushes</b>
<b>UHT Milk</b>	<b>Shampoo &amp; Conditioner</b>
<b>Long Life Fruit Juice</b>	<b>Peanut Butter/ Jam</b>
<b>Pasta Sauce/Curry Sauce</b>	<b>Halal Tinned food</b>

Look out for “Buy One Get One Free” offers