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| **FOOD**  **Tinned fruit**  **Tinned rice pudding**  **Tinned custard**  **Tinned sponge puddings**  **Tinned tomatoes**  **Dried milk powder**  **Tinned spaghetti**  **Tinned vegetables**  **Tinned meat & fish**  **Savoury snacks**  **Bars of chocolate**  **Instant Coffee (4oz/8oz)**  **Jars of pasta sauce**  **Long-life milk**  **Long-life fruit juice** | **S**  **H**  **O**  **P**  **P**  **I**  **N**  **G**  **L**  **I**  **S**  **T** | **TOILETRIES**  **Bars of soap**  **Shampoo**  **Toothbrushes**  **Toothpaste**  **Sanitary towels**  **Toilet paper**  **CLEANING**  **Washing Up Liquid**  **Laundry Powder** |