



When a family arrives into safe house they more than often arrive with little more than what they are wearing and have little or no funds.

Montgomeryshire Family Crisis Centre

aim to give each family groceries and toiletries to help them over those first difficult days.

Without your help and generosity this gift would not be achievable

Montgomeryshire Family Crisis Centre
Ty Canol House
Ffordd Croesawdy
Newtown
Powys
SY16 1AL

www.familycrisis.co.uk
admin@familycrisis.co.uk

Registered Charity No: 1124411
A Company limited by guarantee 6553792 Registered in Wales

SHOPPING LIST

Packet Food

*Pasta Sauce
Supernoodles
Savoury Rice
Curry Sauces
Savoury Cous Cous
Custard
Individual Breakfast Cereals
Tea, Coffee & Sugar*

Tinned Food

*Chilli Con Carne
Hot Dogs
Chicken in Sauce
Tuna
Tinned Meat
Tinned Vegetables
Tinned Fruit*

Toiletries

*(Male & Female)
Bath & Shower products
Shampoo & Conditioner
Deodorant
Toothpaste
Nail Clippers & Tweezers
Hair Brushes & Combs
Toilet Rolls*

Thank You