

# HARVEST APPEAL



## HELP SUPPORT YOUR FOODBANK WITH FOOD AND FUNDS THIS HARVEST

### DONATE FOOD

Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.



### DONATE MONEY

Help to cover the costs of storing and distributing food, as well as developing sustainable projects.



### SHOPPING LIST TOP TEN ITEMS

- LONG LIFE MILK
- SAVOURY BISCUITS
- TINNED RICE PUDDING
- TINNED LAMB MEALS
- TINNED HOT DOGS
- SPAGHETTI BOLOGNESE
- TINNED POTATOES
- CHOCOLATE / TREATS
- COFFEE (SMALL & LARGE)
- COOKING OIL
- LONG LIFE FRUIT JUICE
- HONEY
- CHOCOLATE SPREAD

*Don't forget...*

*You can help transform  
more lives with a financial  
donation too.*



Deliver to Unit H2, Phoenix Business Centre, Rosslyn Crescent HA1 2SP:  
Mon - Wed & Fri 10:30 - 14:30. Please call 020 8416 7344 before  
delivery to ensure volunteers are available.

Donate online:

<https://donate.giveasyoulive.com/donate?cid=184241>

Registered Charity in England & Wales (1154292)