

# 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

- BAGS FOR LIFE
- TINNED FISH & SEAFOOD
- MICROWAVE SPONGE PUDDINGS
- TINNED CARROTS
- TINNED PEAS
- TINNED SWEETCORN
- TINNED PORK (SPAM ETC)
- INSTANT MASH POTATO
- TINNED MEATBALLS
- TINNED MEAT PIES
- SQUASH
- KETCHUP

*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)