## HARVESTAPPEAL



# 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

Tinned Fruit and Veg

Tinned Tomatoes

Sponge Puddings

Pasta Sauce

Coffee

Long Life Fruit Juice

Custard/Rice Pudding

Shaving Foam

Razors

Washing-up Liquid

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





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