

# Harvest appeal

## Help support your food bank this Harvest

In the three weeks leading up to Harvest, the food bank will provide many food parcels for local individuals and families facing hardship.

### Donate food



Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

### Donate money



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



### Shopping list

---

Tinned meat/fish

---

---

Tinned veg/fruit

---

---

Cooking sauces

---

---

Coffee

---

---

Milk (UHT or powdered)

---

---

Cereals

---

---

Fruit juice (long-life)

---

---

Tinned pudding

---

---

Jam

---

---

Instant mashed potato

---