

HARVEST APPEAL



**HELP BY DONATING AN ITEM OR TWO FROM
OUR SHOPPING LIST TO ENSURE WE CAN
PROVIDE FOOD TO PEOPLE IN CRISIS.**

SHOPPING LIST TOP TEN ITEMS

Long Life Fruit Juice (not chilled)
Long Life Milk (not chilled)
Tinned Cold Meat e.g. corned beef/ham
Packets of Mash/Savoury Rice/
Noodles/Pasta 'n' Sauce
Tinned Fish
Cup-a-Soup
Tinned Rice Pudding
Tinned Vegetables
Tinned Ready Meals
Toothpaste & Brushes (sing
Shower Gel

Don't forget...

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



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