

# Harvest appeal



# Help support your food bank this Harvest

In the three weeks leading up to Harvest, the food bank will provide over 100 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 tomatoes

Tinned meat

Cooking sauces

**Tinned Fruit** 

Chocolate

Sponge Puddings

Fruit juice (long-life)

Tinned Veg

**Tinned Pasta** 

Instant mashed potato

Gillingham, Dorset Foodbank gillingham.foodbank.org.uk

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