

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

Sponge Pudding

UHT milk

Tinned tomatoes

Jam

Tinned vegetables

Tinned fruit

Cereals

Pasta

Soup

Tinned meat and fish

Don't forget...

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



<https://theforest.foodbank.org.uk/>

Registered Charity in England & Wales (1183196)