

# Harvest appeal



## Help support your local food bank this Harvest

In the three weeks leading up to Harvest, our food bank will provide over 400 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 & tea

Milk (UHT or powdered)

Cereal & biscuits

Fruit juice (long-life)

Tinned puddings

Tinned soup

Rice & Pasta

#### **Chipping Barnet Foodbank**

www.chippingbarnet.foodbank.org.uk info@chippingbarnet.foodbank.org.uk



Registered Charity in England & Wales (1163042).