

# 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.



### SHOPPING LIST TOP TEN ITEMS

Sponge Pudding  
UHT milk  
Tinned tomatoes  
Jam  
Tinned vegetables  
Tinned fruit  
Cereals  
Pasta  
Soup  
Tinned meat and fish

### DONATE MONEY

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



*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)