## COMBINED 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

Instant mash

Sponge puddings

Instant coffee

Tinned tomatoes

Rice pudding & custard

Deodorant

Tinned fruit

Sugar

Tin openers

Biscuits

Don't forget ...

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





Littlehampton & District Foodbank littlehamptondistrict.foodbank.org.uk

Registered Charity in England & Wales (1160455)