

The Shelford February Food Frenzy

Join Shelford Rugby Club
for the month of February
and donate food every day
to Cambridge Food
Bank

Thank you so much for signing up this year. The foodbank we will be donating to is Cambridge City Foodbank.

Pick up instructions - w/c 31 January underneath main entrance stairs and electronically check off on the calendar below an item dropped into your bag every day in February
Drop off of full bag for life - Saturday/Sunday 26/27 February upstairs in the VIP lounge somewhere visible or contact us to arrange a different time. Calendar included if you'd like to count down the days.

All donations must be non-perishables, please. Items that you would happily keep in your cupboard, rather than your fridge. As well as food, donations of toiletries are encouraged, as well as pet food. Please don't let the size of the bag limit what you would like to donate as we are always in need of extra carrier bags or boxes.

OUR CURRENT MOST NEEDED LIST:

- JAM
- KETCHUP
- NOODLES
- INSTANT COFFEE AND TEA BAGS
- PASTA SAUCE
- TINNED FISH
- TINNED MEAT (E.G. CORNED BEEF, CHICKEN IN WHITE SAUCE, MINCED BEEF, STEWING STEAK)
- TINNED MEAT (E.G. CURRY, HOT DOGS, MEATBALLS, STEW, CHILLI CON CARNE)
- TINNED MEAT- NO RAVIOLI OR SPAGHETTI BOLOGNESE PLEASE)
- TINNED VEGETABLES (E.G. CARROTS, SWEETCORN, MUSHROOMS, RATATOUILLE)
- UHT MILK
- UHT JUICES
- OLIVE OIL 500ML
- PUDDINGS
- RICE
- LAUNDRY LIQUIDS/POWDER
- NAPPIES (SIZE 6)

CURRENTLY HAVE PLENTY OF (Not Needed):

Pasta, Pulses.

PLEASE NOTE:

We cannot distribute alcohol, bottled water, infant formula, or food that is past its 'best before' date.

We hope you enjoy filling your bag, and thank you again so much for taking part.



Any queries?

Please contact Scott or Abby on 07538852968

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February

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

14. Half way

26/27. Drop-off

