

COMBINED HARVEST APPEAL



HELP BY DONATING AN ITEM OR TWO FROM OUR SHOPPING LIST TO ENSURE WE CAN PROVIDE FOOD TO PEOPLE IN CRISIS

Medway Foodbank Harvest Shopping List

- UHT long-life Milk
- Dried/powdered Milk
- Fruit Juice - UHT/long-life
- Baby food
- Instant Mash potato
- Tinned Fish
- Cooking or Pasta sauce
- Cup-a-soup
- Spreads (sweet or savoury)
- Cereal
- Coffee
- Tinned/sponge Puddings
- Packet desserts
- Tinned Fruit
- Custard (packet or tinned)
- Sugar (500 g)
- Treats/snacks - sweet or savoury
- Washing-up liquid
- Deodorant (men/women)
- Washing powder/liquid
- Shaving foam
- Shampoo

Please note: All donations are gratefully received, but we **DO NOT** currently need more soup, baked beans, pasta, or teabags.

Thank you for your support – it really does make a difference



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