

HARVEST APPEAL



Help by donating an item or two from our shopping list to support people facing hardship.

SHOPPING LIST TOP TEN ITEMS

Long Life fruit juice
UHT milk
Tinned vegetables
Jam/marmalade
Tinned fish/meat
Rice
Tinned fruit
Tinned rice pudding
Sauce for pasta (jars)
Cream crackers

*Don't forget...
You can help transform more lives
with a financial donation too.*

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rugby.foodbank.org.uk

Registered Charity in England & Wales (1126487)
Part of the work of Hope4



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