



# 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

UHT milk/dried milk  
Tinned vegetables  
Coffee/Hot Chocolate  
Jam/Marmalade  
Tinned Rice Pudding/Custard  
Tinned Fruit  
Tinned Potatoes/Tomatoes  
Tinned Meat/Fish  
Pasta/Rice (500g)  
Long Life Fruit juice

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

Rugby Foodbank

[rugby.foodbank.org.uk](http://rugby.foodbank.org.uk)

Tel: 07557 680019 / Mail: [info@rugby.foodbank.co.uk](mailto:info@rugby.foodbank.co.uk)

Registered Charity in England & Wales (1126487)

Part of the work of Hope4

