

# 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.



### SHOPPING LIST TOP TEN ITEMS

- Instant Mash
- Tinned Potato
- Tinned hot meals / pies
- Tinned hot snacks
- Sponge puddings
- Jam
- Sugar
- Cereal bars / snack bars
- Gel / liquid washing detergent
- Deodorant

*Don't forget...*

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



Braintree Area Foodbank  
[braintreearea.foodbank.org.uk](http://braintreearea.foodbank.org.uk)

Registered Charity in England & Wales (1148782)  
Registered Company (8183618)

