

# 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

UHT Long-Life Milk  
Soup in Tins or Packets  
Chocolate and Biscuits  
Snacks- cereal bars/crisps  
Tinned Fruit  
Cooking Sauces  
Tinned vegetables  
Puddings  
Rice  
Instant mash potato

### DONATE MONEY

Help to cover the costs of storing and distributing food, as well as developing sustainable projects.



*Don't forget...*

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



Coventry Foodbank  
[Coventry.foodbank.org.uk](http://Coventry.foodbank.org.uk)

Registered Charity in England & Wales (1112955)  
Is a Project of Feed The Hungry UK