



## Harvest Shopping List

Please choose an item from this list to bring to your Harvest Celebration

- Tinned potatoes
- Tinned vegetables
- Instant coffee
- Tinned rice pudding
- Custard
- Tinned meat
- Tinned fruit
- Tinned soup
- Sponge pudding
- Toothpaste/brushes
- Biscuits/snacks
- Chocolate/sweets

*Thank you for all your support!*



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Trussell Trust foodbanks provide three days of emergency food to local individuals and families in crisis. Frontline care professionals including health visitors, social workers and school liaison officers refer people who are facing hunger to the foodbank. As well as receiving nutritionally balanced, non-perishable food parcels, people visiting the foodbank are welcomed with a cup of tea, listened to and signposted to agencies who are able to help resolve the underlying cause of the problem.

By donating to the foodbank you can help support local people in crisis, thank you!

[www.uckfield.foodbank.org.uk](http://www.uckfield.foodbank.org.uk)  
[admin@uckfield.foodbank.org.uk](mailto:admin@uckfield.foodbank.org.uk)  
 01825 745489



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