

# 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 Milk  
Long-life Juice / Squash  
Tinned potatoes  
Tinned Meat (eg Corned Beef)  
Tinned Fruit  
Sponge Pudding  
Jam  
Custard  
Sugar (500g bags best)  
Strong Carrier Bags

### DONATE MONEY

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

[wandsworth.foodbank.org.uk/donate](http://wandsworth.foodbank.org.uk/donate)



*Don't forget...*

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



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

Registered Charity in England & Wales (1149780)