

HARVEST APPEAL



Help by donating an item or two from our shopping list to support people facing hardship.

SHOPPING LIST TOP TEN ITEMS

Hot chocolate
Tinned vegetables
Tinned snack meals
Pot noodles
Tinned tomatoes
Squash
Cuppa soup
Coffee
Tinned fruit
Tinned custard

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

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rugby.foodbank.org.uk

Registered Charity in England & Wales (1126487)
Part of the work of Hope4



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