

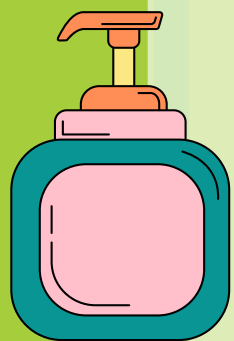
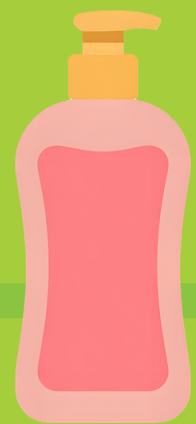
# CAN YOU DONATE ONE THING FROM YOUR CUPBOARD EACH DAY FOR THE FOODBANK ?



## Mighty Meals Monday

**Fuel Families for the week ahead.**

Tinned snack meals, tinned pie, tinned fish and meat, tinned vegetables and potatoes.



## Toiletry Tuesday

**Helping people to feel clean, confident & cared for.**

Toothbrushes, shower gel, hand soap, deodorants, shampoo, conditioner, shaving foam, razors, baby bath, baby wipes, toilet rolls.

## Warming Wednesday

**Providing comfort and keeping hearts warm.**

Porridge oats, soups, tinned stews, jar sauces.



## Thirsty Thursday

**Help keep cups full and spirits lifted**

Tea, coffee, hot chocolate, long life milk, squash, bottles of water for homeless people.



WE THANK YOU FOR YOUR SUPPORT.  
PLEASE CHECK THAT EVERYTHING DONATED IS IN DATE.

## Frugal Friday

*You don't have to spend a lot to make a real difference*

Microwave rice, noodles, tin tomatoes, crackers,  
biscuits.



## Simple Suppers Saturday

*Taking the stress out of supper time.*

Easy meal kits, tinned snack meals,  
packet mashed potato.  
Ketchup, mayonaise, brown sauce.  
Tinned custard, tinned fruit, rice pudding.



## Support Sunday

*Supporting those who need to rely on our foodbank*

Strong carrier bags for the journey home.



"If you help the poor, you are lending to the LORD – and he will repay you"  
(Proverbs 19:17).