

# CAN YOU DONATE SOMETHING FROM YOUR CUPBOARD 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.



## tiny tums tuesday

**37% of food parcels feed hungry children.**

Nappies – size 5, 6, 7 & 8. Baby wipes. Baby food jar and pouches. Baby bubble bath and shampoo. Children's toothpaste and toothbrushes, children's cereal and juice cartons.

## wednesday washes.

**Washing away worries, one wash at a time.**

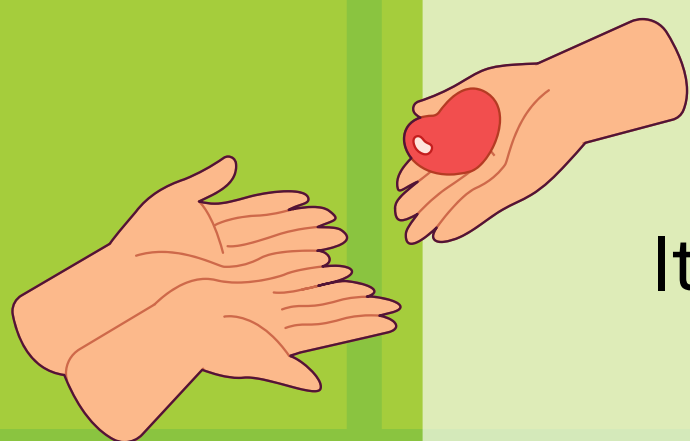
Laundry detergent, shower gel, shampoo, conditioner, hand soap, washing up liquid, cleaning sprays.



## Thoughtful Thursday

**Special things for special people.**

Items for halal, vegetarian and vegan food parcels – red lentils, chick peas, spices, dates, bread flour, cooking oil.



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

## Frugal Friday

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

Microwave rice, noodles, tin tomatoes, soups,  
crackers, cake, 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*

Tea, coffee, hot chocolate.  
Sweet treats and chocolate.  
Strong carrier bags for the journey home.

