

# 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.



### DONATE MONEY

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



### SHOPPING LIST TOP TEN ITEMS

UHT Milk

Juice

Sponge Puddings

Biscuits

Jam

Savoury Treats

Toothpaste

Deodorant

Toilet Rolls

Chocolate

*Don't forget...*

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



[sunderland.foodbank.org.uk](http://sunderland.foodbank.org.uk)

Part of Durham Christian Partnership  
Registered Charity Number 1077549