

# 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

Instant coffee  
Instant mash  
Biscuits  
Long-life milk  
Sponge pudding  
Fruit juice  
Tinned fruit  
Rice 500g  
Jam  
Chocolate bars

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

### DONATE MONEY

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



[salisbury.foodbank.org.uk](https://salisbury.foodbank.org.uk)



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