

# HARVEST APPEAL



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HELP BY DONATING AN ITEM OR TWO FROM  
OUR SHOPPING LIST TO ENSURE WE CAN  
PROVIDE FOOD TO PEOPLE IN CRISIS.

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## SHOPPING LIST TOP TEN ITEMS

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

Don't forget...

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

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

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Trussell Trust foodbanks provide three days of emergency food to local individuals and families in crisis. Frontline care professionals including health visitors, social workers and school liaison officers refer people who are facing hunger to the foodbank. As well as receiving nutritionally balanced, non-perishable food parcels, people visiting the foodbank are welcomed with a cup of tea, listened to and signposted to agencies who are able to help resolve the underlying cause of the problem.

By donating to the foodbank you can help support local people in crisis, thank you!

Salisbury.foodbank.org.uk  
info@salisbury.foodbank.org.uk  
01722 580173

 /salisburyfoodbank

 @Salisbury\_FB

## If you would like to help further, then please consider making a monetary Donation.

This would help to cover the costs of storing and distributing food, as well as help us develop sustainable projects.



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