# HARVEST APPEAL

Help by donating an item or two from our shopping list to support people facing hardship.

#### SHOPPING LIST TOP TEN ITEMS

Long life Fruit Juice

UHT MILK.

Tinned Soup

Tinned Fruit

Tins of Ham /Spam/Curry

Tinned Potatoes

Instant Mash Packet

Rice pudding / Custard

Bar of Chocolate

Sponge Pudding

Don't forget...

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

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