

# CHRISTMAS 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

Christmas Pudding  
Tub of Chocolates  
Selection pack  
Mince Pies (check date)  
Gravy Granules  
Cranberry Sauce  
Tinned Salmon  
Tinned Carrots  
Tinned Ham  
Stuffing mix / Paxo

Don't forget...

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

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Registered Charity in England & Wales (1190323)



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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.

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

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

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



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