

# COMBINED 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

Tinned veg  
Tinned Fruit  
Rice Pudding/Custard  
Sponge Pudding  
Tea/Coffee  
Fruit Juice (not chilled)  
Tinned Tomatoes  
Instant Mash  
Milk (UHT or Dried)  
Cereal

*Don't forget...*

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



[www.durhamfoodbank.org.uk](http://www.durhamfoodbank.org.uk)

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