

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 potatoes
Pot noodle/instant pasta
Packet rice (ready made)
Ready meals
Shampoo
Tinned fish
Tinned sweetcorn
Pasta sauce
Tinned/packet custard
Squash

Don't forget...

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



FLINTSHIRE FOODBANK

www.flintshire.foodbank.org.uk

Registered Charity in England & Wales (1146921)