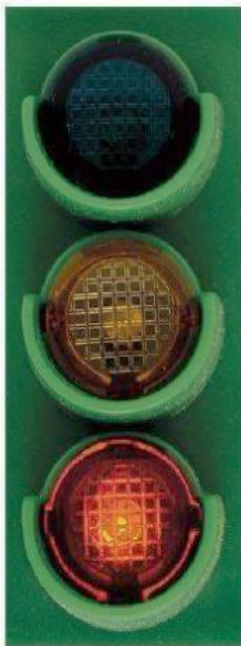


## Harvest service – Sunday 7<sup>th</sup> October



Here's what we need to put into our foodbags this month!



### WE DESPERATELY NEED:

- Rice and curry/chilli sauces
- Tinned potatoes
- Tinned spaghetti
- Dried noodles
- Packets of pasta and sauce
- Coffee
- Shampoo, toothpastes and toothbrushes
- Washing-up liquid and laundry tablets

### WE ALSO NEED:

- Tinned tomatoes
- Tinned carrots
- Tinned pulses
- Tinned peas
- Sandwich spread, e.g. Marmite, peanut butter

### WE DON'T NEED:

- Pasta (aside from spaghetti)
- Beans
- Soup
- Cereal
- Tinned sweetcorn
- Sanitary products