

**Next Sunday is our monthly donation day for  
Nourish Foodbank.  
This is what they need at the moment.**



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



**WE DESPERATELY NEED:**

- SQUASH/FRUIT JUICE
- LONG-LIFE MILK
- CONDIMENTS
- SINGLE-SERVE PASTA/CURRY SAUCES
- SMALL VARIETY PACKS OF CEREAL

**WE ALSO NEED:**

- TINNED FRUIT
- TINNED CARROTS/PEAS
- TINNED SPAGHETTI

**DON'T DONATE AS WE HAVE ENOUGH!:**

- PASTA
- BEANS
- SOUP
- CEREAL
- TINNED SWEETCORN
- TOILETRIES (INCLUDING SANITARY PRODUCTS)

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

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