

# Harvest appeal



## Help support your food bank this Harvest

In the three weeks leading up to Harvest, the food bank will provide over XXX food parcels for local individuals and families facing hardship.

### Donate food



Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

### Donate money



Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

### Shopping list

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Tinned soup

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Tinned dessert

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Tinned vegetables

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Tinned fish

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Tinned meat

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UHT milk

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Pasta sauces

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Mash

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Teabags 40s

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Biscuits

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**Stoke-on-Trent Foodbank**  
[stokeontrent.foodbank.org.uk](http://stokeontrent.foodbank.org.uk)

Registered Charity in England & Wales 1159820

