



Reg Charity No 1067541

Harvest Shopping List

- * Tinned Tomatoes
- * Baked Beans
- * Tea Bags small 40's
- * Milk UHT full fat
- * Fruit Juice UHT 1 ltr
- * Tinned Meat
- * Sponge Pudding
- * Tinned Fish
- * Tinned Fruit
- * Biscuits/Cereal Bars
- * Pasta
- * Jam
- * Tinned Veg
- * Tinned pasta eg Ravioli
- * Pasta Sauce
- * Smash

We give the food in bags for life
Thank You
for Supporting Us

Please donate only the items on the list to the donation point
Thanks!



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- The **foodbank** is designed to help individuals and families in crisis, through the provision of emergency food supplies. Local professional care-workers within Allerdale and Copeland refer them, with a food voucher, to **the foodbank centre** where they are given their food supplies, a cup of coffee and help in finding other professionals who can help them out of their crisis. In rural areas they are given Emergency Food Boxes direct by the local care-workers.

- The **foodbank** allows the general public to contribute to and support local well-being in a simple practical way.

Emergency Food Supplies are a short-term measure allowing a breathing space at times of great need.

For further details of the **foodbank** and how you can be involved contact

THE NORTH LAKES FOODBANK e-mail: info@thefoodbank.org.uk www.thefoodbank.org.uk
Tel: 0750 2311 452



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