



# Harvest appeal

## Help support your food bank this Harvest

In the three weeks leading up to Harvest, the Walton & Hersham food bank will provide over 300 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

Tinned meat / fish

Tinned Macaroni / Ravioli / Spaghetti Bolognese

Coffee / hot chocolate

Jam / peanut butter

Long-life sponge puddings

Fruit juice / squash

Shampoo

Shower gel

Washing up liquid

Pull-up nappies – 6, 7, 8

[www.waltonhersham.foodbank.org.uk](http://www.waltonhersham.foodbank.org.uk)

