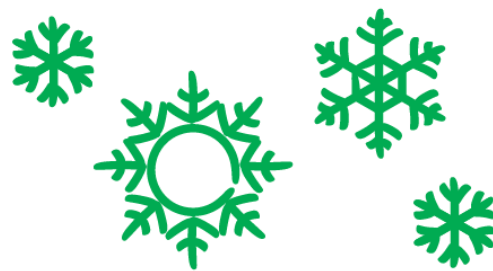


Christmas

appeal



Help support your food bank this Christmas

In the three weeks leading up to Christmas, the food bank will provide over 1000 food parcels to feed 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 veg/fruit

Cooking sauces

Coffee

Milk (UHT or powdered)

Cereals

Fruit juice (long-life)

Tinned pudding

Jam

Instant mashed potato

0151 355 7730

www.westcheshire.foodbank.org.uk/give-help/