



# COMBINED HARVEST APPEAL

## HELP SUPPORT YOUR FOODBANK WITH FOOD AND FUNDS THIS HARVEST

### DONATE FOOD

Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.



### DONATE MONEY

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



### SHOPPING LIST TOP TEN ITEMS

Tinned Meat  
Tinned meat pies  
Coffee (small)  
Long life milk  
Tinned potatoes  
Tinned vegetables  
Pasta sauce  
Instant potato mash  
Tea bags  
Tinned rice pudding

*Don't forget...*

*You can help transform  
more lives with a financial  
donation too.*

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

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