

# HARVEST APPEAL



Help by donating an item or two from our shopping list to support people facing hardship.

## SHOPPING LIST TOP TEN ITEMS

Tinned soup  
Milk (UHT or Powdered)  
Rice  
Rice pudding  
Tinned fruit  
Tea bags  
Jam  
Toothpaste  
Toothbrushes  
Soap

*Don't forget...  
You can help transform more lives  
with a financial donation too.*

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## SHOPPING LIST TOP TEN ITEMS

Fruit Juice (long life, carton)  
Sponge Pudding  
Instant Coffee  
Breakfast cereals  
Tinned meat  
Tinned vegetables/pulses  
Baked beans  
Feminine hygiene  
Washing up liquid  
Washing powder/liquid

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## SHOPPING LIST TOP TEN ITEMS

Pasta Sauces  
Tinned fish  
Biscuits or Snack Bars  
Fruit Juice (long life, carton)  
Instant Mash Potato  
Tinned tomatoes  
Sugar (500g)  
Toilet rolls  
Toilet cleaner/bleach  
Pasta

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CLEVEDON DISTRICT FOODBANK  
[clevedondistrict.foodbank.org.uk](http://clevedondistrict.foodbank.org.uk)

Registered Charity in England & Wales (1163153)



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