HARVESTAPPEAL



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 Soup

Jam

Flavoured Packet Pasta

Tinned Carrots

Tinned Peas

Biscuits

Fruit Juice

Coffee

Instant Mash

Don't forget ...

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





<u>info@rhondda.foodbank.org.uk</u> Tel-07928451374

Registered Charity in England & Wales 1136590