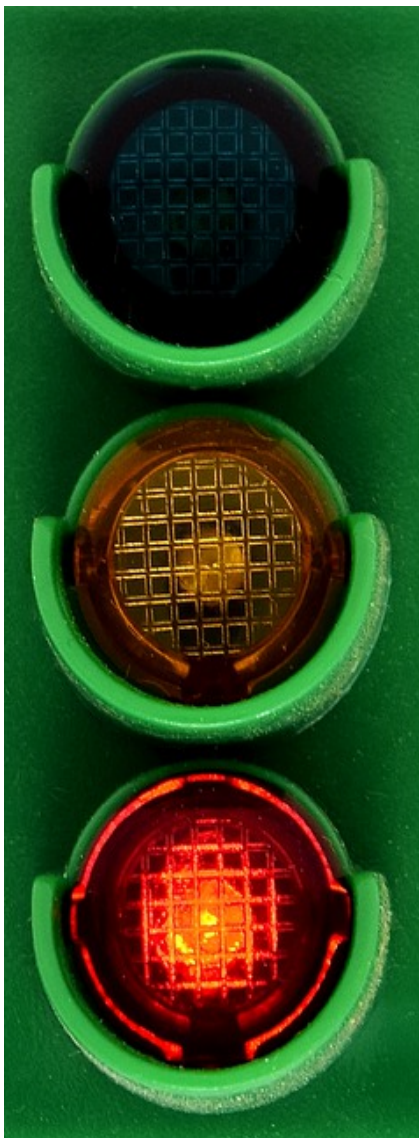


# Nourish

Community Foodbank

Charity Number: 1154716

Here's what we need to put into our foodbags this month!



## WE DESPERATELY NEED:

- Tinned potatoes and instant mash
- Noodles
- Curry sauce
- Tinned fruit
- Tinned vegetables (not sweetcorn!)
- Small toiletries (toothpaste, toothbrushes, soap, bodywash, men's toiletries)

## WE ALSO NEED:

- Dried spaghetti
- Tinned tomatoes
- Tinned pulses
- Household items, e.g. detergent, laundry tablets, J-cloths, cleaning liquids

## WE DON'T NEED:

- Pasta (aside from spaghetti)
- Beans
- Soup
- Cereal
- Tea
- Tinned sweetcorn
- Sanitary products

[www.nourishcommunityfoodbank.org.uk](http://www.nourishcommunityfoodbank.org.uk)

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