

# WINTER APPEAL



## NO ONE SHOULD HAVE TO GO WITHOUT FOOD THIS WINTER.

Can you help us to be here for individuals  
and families facing hardship?

Food banks are at breaking point,  
and the amount of help needed  
is outstripping the donations we  
are receiving.

### DONATE FOOD

Please donate  
an item or  
two from our  
shopping list,  
if you can.



#### SHOPPING LIST TOP TEN ITEMS

- UHT milk
- Tinned meat/fish
- Tinned meals (curries,  
chilli and casseroles)
- Tinned veg
- Tinned fruit
- Sponge/rice puddings
- Coffee
- Long life juice
- Pasta sauce
- Soup

### THANK YOU FOR YOUR SUPPORT

To find out how to donate food visit  
[trusselltrust.org.uk/donate-food](https://trusselltrust.org.uk/donate-food)