



# School Harvest Appeal 2021

**HELP SUPPORT YOUR LOCAL COMMUNITY  
WITH A FOOD HARVEST COLLECTION**

## PLEASE HELP

Every year North Lakes Foodbank feeds around 6,000 people who are in 'Crisis'. Crisis is a term we use to describe someone who is going through a difficult time which have may a financial impact and leaving them short of money to buy food for a few days. When someone is in 'Crisis' they may be entitled to a food parcel which will give emergency food for 3 days.

**Please help by donating any of the food items listed.**



Please help if  
you can.  
**THANK YOU!**

## HARVEST SHOPPING LIST

Milk UHT full fat  
Fruit Juice UHT 1 ltr  
Tinned Meat Balls  
Tinned Hot Dogs  
Tinned Chicken *in White Sauce*  
Sponge Pudding  
Tinned Tuna  
Tinned Fruit  
Jam  
Tinned Veg  
Tinned pasta eg Ravioli  
Pasta Sauce  
Tinned Custard  
Tinned Rice Pudding  
Baked Beans  
Instant Mash *(single packets)*

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