



## HARVEST APPEAL

We are seeing an increased need across West Cumbria but a reduction in vital donations.

By donating this Harvest, you can support local people facing hardship.

In 2023-2024, your support helped us feed over 6,000 people in West Cumbria, with nearly a third of those being children.





Use the BanktheFood app to get updated of our latest food appeals. Download using the QR code TOP SIX ITEMS
NEEDED THIS HARVEST

TINNED FRUIT
CUSTARD
RICE PUDDING
BAKED BEANS
TUNA
TINNED PASTA

