



**NORTH LAKES**  
**foodbank**

**Food Appeal**

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

# **Appeal items...**

**Tinned food like Baked Beans,  
Spaghetti, Soup, Peaches, Sweetcorn,  
Tuna, Meat & Rice Pudding**

**Cereals like Cornflakes &  
Wheat Biscuits**

**Packets like Rice & Pasta**

**Cartons like UHT Milk & UHT  
Orange/Apple Juice**

## **Thank You**

**If you need help with an emergency food parcel please go to our  
website for details or call 07502 311452**