



Today, we are running particularly low on the following items

Tinned meat
Tinned fish
Milk (UHT long life)
Long life Fruit Juice
Tinned puddings
Tinned tomatoes
Cooking sauces
Tinned vegetables
Tinned fruit
Sweet treats
Washing powder / laundry liquid

We would also welcome any seasonal items that could brighten a food parcel this Christmas!

We have plenty of beans, soup and pasta!

Thank you!
#everycanhelps



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Trussell Trust foodbanks provide three days' emergency food to local individuals and families in crisis.

Frontline care professionals including doctors, social workers and schools refer people who are facing hunger to the foodbank. As well as receiving nutritionally balanced, non-perishable food parcels, people visiting the foodbank are welcomed with a cup of tea, listened to and signposted to agencies who are able to help resolve the underlying cause of the problem.

By donating to the foodbank you can help support local people in crisis, thank you!

www.midnorfolk.foodbank.org.uk
info@midnorfolk.foodbank.org.uk
Tel: 01362 850624
Mob: 07542 106107

Registered Charity No: 1151547



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