



# CHRISTMAS APPEAL

## HELP SUPPORT YOUR FOODBANK WITH FOOD AND FUNDS THIS CHRISTMAS

In the 4 weeks leading up to Christmas the foodbank will provide over 400 Christmas food parcels for local individuals and families, as well as our usual food.

Thank you for your support

### DONATE FOOD

Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.



### DONATE MONEY

Help to cover the costs of storing and distributing food, as well as developing sustainable projects.



### SHOPPING LIST TOP TEN ITEMS

Tinned Ham/ Chicken  
Potatoes-Tins/Instant  
Biscuits  
Custard and Jam  
UHT Long Life Milk  
Long Life Fruit Juice  
Chocolate/Selection Boxes  
Christmas Cakes  
Shower gel/Shampoo  
Toothpaste/Brushes  
Don't forget...  
*You can help transform  
more lives with a financial  
donation too.*



East Bristol Foodbank  
[eastbristol.foodbank.org.uk](http://eastbristol.foodbank.org.uk)

Registered Charity in England & Wales (298528)

