



Thank you for
supporting your
local foodbank

www.barmouth.foodbank.org.uk

Feeding local people in crisis

Your donations enable us to provide three days of emergency food to local people in crisis. Working with local care professionals to identify those in need, we are able to provide short term relief and support as well as signposting people to organisations able to help solve the longer term problem.

Please help us to feed the hungry by buying some of the following non-perishable food items:

- ✦ Tomatoes - (Tinned)
- ✦ Soup (Tinned or packet)
- ✦ Sugar
- ✦ Orange juice (carton)
- ✦ Milk (UHT or powdered)
- ✦ Fruit - (Tinned)
- ✦ Breakfast Cereal
- ✦ Meat - (Tinned)
- ✦ Vegetables - (Tinned)
- ✦ Baked Beans/Spaghetti (Tinned)
- ✦ Tuna / Fish - (Tinned)
- ✦ Pasta Sauce (Jar)
- ✦ Pasta / Noodles (Dried)
- ✦ Tea Bags
- ✦ Rice Pudding - (Tinned)
- ✦ Chocolate
- ✦ Biscuits



Reg. Charity No. 251549
Reg. in England & Wales

