



Please help local people in crisis by buying items from the list below and giving them to the foodbank's collection point.

- Tinned fruit
- Pasta sauce
- Biscuits
- Spreads eg. jam, peanut butter, paste
- Cereal
- Plain rice
- Instant mash
- Tinned rice pudding
- Cup A Soup
- Tampons

THANK YOU for joining us to help stop UK hunger!

medway.foodbank.org.uk;
01634 757057

Thank you!



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