You can help by DONATING food today?

difference"

Any of these items will help!

Milk UHT

Sugar

Tea / coffee

Cereals

Soup (can or packet)

Pasta / rice / noodles

Instant mash or Potatoes

Tinned tomatoes/pasta sauce

Tinned Vegetables (any)

Ravioli/spaghetti

Meat (tinned)

Fish or vegetarian

Custard/Dessert

Rice or sponge pudding

Biscuits/Snacks

Tinned Fruit

Juice - cordial/carton

Juice - cord Jam/Honey Ketchur

Ketchup/Sauce

Toiletries/

Feminine hygiene items

Baby Food

Thank you for MC Your donation to **Middleton Central Foodbank**

from our shopping list you will be helping us to support local people who find themselves in crisis "Your help or difficulty. makes a

Thank you

If you can donate

any items today

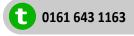
Middleton Central **Foodbank**



Keeping in touch









Middleton Central Foodbank

Lighthouse Project, S6b/c Second Floor, Middleton Shopping Centre, Middleton, M24 4EL

Tel: 0161 643 1163

