

# You can help by DONATING food today?

*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  
Jam/Honey  
Ketchup/Sauce  
Toiletries/  
Feminine hygiene items  
Baby Food

*"Your help  
makes a  
difference"*

If you can donate any items today from our shopping list you will be helping us to support local people who find themselves in crisis or difficulty.

*Thank you*

**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

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

