



# Please support our Foodbank Collection

## Hope Nottingham operates 14 Foodbanks across the city under The Trussell Trust East & West Nottingham Franchise

As the cost-of-living crisis continues, we need your help to ensure every individual or family who finds themselves unable to buy food, is supported with a full and balanced 3-day food emergency food parcel. Our foodbanks use a referral system and aim to offer holistic support, including befriending, signposting and advice. Thank you for your support!



It's easy to donate via our online website (details below), or by scanning the QR code

### SHOPPING LIST

Tinned meat or fish  
Tinned fruit or veg  
Tinned puddings  
Tinned potatoes/Smash  
Jar pasta sauces  
UHT milk  
Coffee / Tea  
Squash / Juice cartons  
Cereal / porridge  
Rice

*Don't forget...*

*You can help transform more lives with a financial donation too.*



For further details please contact [hope@hopenottingham.org.uk](mailto:hope@hopenottingham.org.uk) or call 0303 040 1110 [www.hope-nottingham.org.uk](http://www.hope-nottingham.org.uk)

Hope Nottingham is a registered Charity in England & Wales (1161248)

