

HARVEST APPEAL



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HELP BY DONATING AN ITEM OR TWO FROM
OUR SHOPPING LIST TO ENSURE WE CAN
PROVIDE FOOD TO PEOPLE IN CRISIS.

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SHOPPING LIST TOP TEN ITEMS

Instant & tinned potato
Tinned fruit or veg
Breakfast cereal
Pasta sauces
Long life fruit juice
Tea bags or coffee
Tinned meat or fish
Tinned rice or custard
Biscuits
Jam

Don't forget...

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

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Operating East & West
Nottingham Foodbank

In partnership with the Trussell Trust
Registered Charity in England & Wales (1161248)



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Hope Nottingham's network of 14 foodbanks provide three days of emergency food to local individuals and families in crisis. Frontline care professionals including health visitors, social workers and school liaison officers refer people who are facing hunger to the foodbank. As well as receiving nutritionally balanced, non-perishable food parcels, people visiting the foodbank are welcomed with a cup of tea, listened to and signposted to agencies who are able to help resolve the underlying cause of the problem. Our community hubs also offer various activities to support those facing isolation, supported by our army of volunteers. Together we are working to inspire and grow communities of HOPE across Nottingham.

By donating food or funds you can help support local people in crisis and for this we thank you.

Find out more at www.hopenottingham.org.uk or at www.eastwestnottingham.foodbank.org.uk

Email: hope@hopenottingham.org.uk
Tel: 0303 040 1110

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If you would like to help further, then please consider making a monetary Donation.

This would help to cover the costs of storing and distributing food, as well as help us develop sustainable projects.

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