

CHRISTMAS 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

Tinned meat or fish
Tinned fruit or veg
Tinned puddings
Tinned potatoes
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.

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Operating East & West
Nottingham Foodbank

INSPIRING AND GROWING
COMMUNITIES OF HOPE

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

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

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



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