

# Harvest appeal



## Help support your food bank this Harvest

During the Harvest months of September and October 2024, over 1170 people facing hardship were fed. 12.8 tonnes of food was distributed to individuals, and to our partnering agency emergency cupboards.

### Donate food



Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

### Donate money



Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

### Shopping list

Tinned Fruit

Tinned Fish

Tinned Meat

Tinned Soup

Coffee

Milk (UHT)

Custard

Tinned puddings

Crisps/Snacks/Treats

Jam/Spreads

Toiletries

**07941336464**

**[basingstoke.foodbank.org.uk](https://basingstoke.foodbank.org.uk)**

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