

# Christmas appeal



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## Shopping list

Tinned meat/fish  
Tinned veg/fruit  
Tinned tomatoes  
Instant coffee  
Milk (UHT or powdered)  
Biscuits  
Fruit juice (long-life)  
Tinned custard  
Jam  
Instant mashed potato

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## Our food bank:

1. Provides emergency food and practical support to local people in their hardest moments.
2. Works with local partners to get people the right help, so they're less likely to need the food bank again.
3. Is part of a UK-wide community of food banks, working together with Trussell to ensure no one needs a food bank to survive.

## Our food bank:

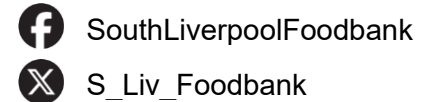
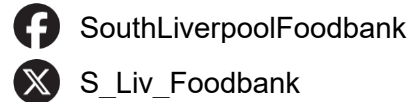
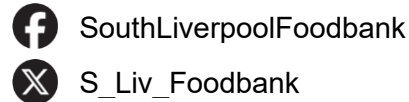
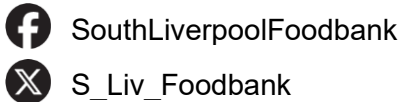
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