

# HARVEST APPEAL



Help by donating an item or two from our shopping list to support people facing hardship.

## SHOPPING LIST TOP TEN ITEMS

- Mixed Beans
- Pasta Sauce
- Tinned Fish
- Tinned Fruit
- Noodles
- Jam
- Tinned vegetable Soup
- Small Jars of Coffee
- Packet Ready Meals
- Sweet and savoury Snacks

*Don't forget...*

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

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North Enfield Foodbank

[northyenfield.foodbank.org.uk](http://northyenfield.foodbank.org.uk)

Registered Charity in England & Wales (1195422)



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