

HARVEST FESTIVAL



APPEAL



This year we will be once again supporting the North Liverpool Foodbank. On **Friday 5th November 2018** please bring in any donations to class. (See list below for suggestions)

Last year North Liverpool foodbank was able to provide food to 4912 adults and 3061 children. With the imminent arrival of Universal Credit, the demands on the food bank are likely to significantly increase over the next 6 months.

The North Liverpool foodbank also provides support through their free 'More Than Food' programme and are currently running an Eat Well Spend Less 6 week course, providing basic cookery, nutrition and budget management.

Urgently Need Loads Of:

- UHT Milk
- Tinned Vegetables (Tomatoes, carrots, peas, sweetcorn)
- Mashed Potato
- Fruit Juice
- Coffee
- Curry and Pasta Sauce
- Custard
- Cup a soups
- Noodles
- Jam

Other suggestions:

- Breakfast cereals
- Soup
- Tinned beans
- Tinned meat
- Tinned fruit
- Tea
- Sugar
- Biscuits
- Snacks