



## **Please help Bromley Borough Foodbank**

This Harvest time we are very short of various items of stock, having supported families with packs of food in lieu of free school meals during the holidays.

**If you could donate any of the following it would be much appreciated.  
Supermarket vouchers are a great way to help us too.**

Thank you

UHT Milk

Soup

Vegetables – particularly tinned carrots, peas, green beans, potatoes

Tinned Meat for a hot meal – eg. chunky chicken, stewed steak, meatballs and minced beef

Cold Meat – eg. corned beef and tinned ham

Vegetarian options – meat free bolognese, macaroni cheese

Pulses – chick peas, kidney beans etc.

Cooking Sauce

Rice Pudding

Custard – tins, cartons or sachets

Tinned Fruit

Jellies and Instant Whips

Jam/Marmalade

Small Bottles of Squash

Long Life Fruit Juice

Any toiletries – shampoo, shower gel, deodorant, toilet rolls, washing up liquid, washing detergent

**THANK YOU FOR ALL YOUR VALUED, ONGOING SUPPORT**

For more information go to [www.bromleyborough.foodbank.org.uk](http://www.bromleyborough.foodbank.org.uk) or follow us on Facebook or twitter