



# Harvest appeal

## Help support your food bank this Harvest

In September and October, the food bank will provide over 2,000 food parcels for local individuals and families facing hardship.

### 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 meat/fish

Tinned veg/fruit

Pasta sauce

UHT Milk

Cereals, Biscuits

Fruit juice (long-life)

Rice pudding

Jam, Tea bags

Instant mashed potato

Tinned soup

[info@salford.foodbank.org.uk](mailto:info@salford.foodbank.org.uk)  
[salford.foodbank.org.uk](http://salford.foodbank.org.uk)