

# HARVEST APPEAL

HELP LOCAL PEOPLE FACING HARDSHIP

## Brent Foodbank

We are seeing an ever-increasing need – but a reduction in vital donations. By donating this Harvest, you can support local people facing hardship.

- **Donate food** – in store (see our website for a location near you), or as part of your online grocery shop
- **Donate money** – via our online giving platform
- **Share our appeal** – with friends, family and colleagues.

For more information, please visit [www.brent.foodbank.org.uk](http://www.brent.foodbank.org.uk)

### TOP FIVE ITEMS NEEDED THIS HARVEST

Long life milk

Tinned meat & fish

Tinned soup

Tinned fruit & veg

Jams & spreads

Rice puddings & custard

