

# CHRISTMAS APPEAL



**HELP BY DONATING AN ITEM OR TWO FROM  
OUR SHOPPING LIST TO ENSURE WE CAN  
PROVIDE FOOD TO PEOPLE IN CRISIS**

## SHOPPING LIST TOP TEN ITEMS

Tinned ham / meat  
Tinned fish  
Tinned fruit  
Tinned custard  
Tinned rice pudding  
Spreads / Jam  
Long life juice  
Christmas treats  
Christmas crackers  
Christmas biscuits

Don't forget...

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



[info@redbridgefoodbank.org](mailto:info@redbridgefoodbank.org)  
[redbridgefoodbank.org](http://redbridgefoodbank.org)

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