

# HARVEST APPEAL



Help by donating an item or two from our shopping list to support people facing hardship.

## SHOPPING LIST TOP TEN ITEMS

Cereal  
Long Life Milk  
Squash  
Tinned Tomatoes  
Tinned Vegetables  
Tinned Meat  
Anti-bacterial all-purpose spray  
Washing machine tablets  
Shower gel

*Don't forget...  
You can help transform more lives  
with a financial donation too.*

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## SHOPPING LIST TOP TEN ITEMS

Puddings  
Tinned Spaghetti  
Tomato sauce/Mayonnaise  
Cooking oil  
Vegetarian options  
Sweet treats  
Male and Female deodorant  
Shaving foam and razors  
Shampoo/Conditioner 2in1  
Washing up liquid

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## SHOPPING LIST TOP TEN ITEMS

Baked Beans  
Biscuits  
Rice  
Pot Noodles  
Jam  
Peanut butter  
Instant Coffee  
Handwash  
Toilet paper  
Sanitary products

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Kingston Foodbank  
[kingston.foodbank.org.uk](http://kingston.foodbank.org.uk)

Registered Charity in England & Wales (1177256)  
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