

GLOUCESTER  
**foodbank**



The foodbank provides  
for local individuals  
and families in crisis.  
Help us reach local  
people this coming year



*Please choose an item from this list  
to buy and give to the Food Bank:*

**Milk ~ Cereal**

**Tinned Soup**

**Fruit Juice (long life carton)**

**Pasta Sauces ~ Baked Beans**

**Rice or Sponge Pudding (Tin)**

**Tomatoes (Tinned)**

**Pasta or Rice (1kg)**

**Tinned Vegetables ~ Tea Bags**

**Instant Mash Potato**

**Tinned Meat/Fish**

**Tinned Fruit ~ Sugar (500g)**

**Biscuits or snack bars**