

# HARVEST 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

Soap  
Male & Female Shower Gel  
Male & Female Deodorant  
Feminine Hygiene  
Toothpaste  
Toothbrushes  
Shampoo  
Razors  
Shaving Foam

*Don't forget...*

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



0300 102 9808

[eppingforest.foodbank.org.uk](http://eppingforest.foodbank.org.uk)

Registered Charity in England & Wales

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## SHOPPING LIST TOP TEN ITEMS

Soup  
Chopped Tomatoes  
Tinned vegetables  
Tinned Meat  
Tinned Fish  
Rice Pudding & Custard  
UHT Milk  
UHT Juice  
Tea & Coffee  
Jam  
Biscuits & Chocolate  
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