

Harvest appeal



Help support your food bank this Harvest

In the three weeks leading up to Harvest, the food bank will provide over 700 food parcels for local individuals and families facing hardship.

Donate food



Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your local community.

Donate money



Scan the QR code to donate. You will help us get food to local families in crisis, cover the costs of distributing food, and develop sustainable community projects that tackle the root causes of hunger.

Shopping list

Tinned meat/fish

Tinned veg/fruit

Cooking sauces

Coffee

Milk (UHT)

Cereals

Fruit juice (long-life)

Tinned pudding

Jam

Tea bags

www.stalbansdistrict.foodbank.org.uk

☎ 01727 613019

✉ info@stalbandsdistrict.foodbank.org.uk

 [@StAlbansDistrictFB](https://www.facebook.com/StAlbansDistrictFB)  [@st_a_and_dist_foodbank](https://www.instagram.com/st_a_and_dist_foodbank)