HARVEST APPEAL

HARLOW FOODBANK IS VERY LOW ON STOCK!

Harlow foodbank

- During the pandemic we gave out over 4,500 food parcels in Harlow
- The financial effects of COVID are still severe for many
- Your donation will help our neighbours weather the storm

DONATE FOOD

Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.



DONATE MONEY

Help to cover the costs of storing and distributing food, as well as developing sustainable projects.



SHOPPING LIST
TOP TEN ITEMS

- ☐ Long life milk
- ☐ Long life fruit juices
- ☐ Sponge puddings
- ☐ Coffee
- ☐ Tinned fruit
- ☐ Tinned meat
- ☐ Rice Pudding
- ☐ Fruit squash
- ☐ Powdered Mash
- ☐ Tea bags

Donate online?

the trussell trust
Stop UK Hunger

Text HARLOW to 70085 to donate £5

Texts cost £5 plus one standard rate message and you'll be opting in to occasional updates on our work via SMS. If you'd like to give £5 but do not wish to receive any other communications, text **HARLOWNOINFO** to 70085.

Got time to volunteer?

MRCT

Harlow Foodbank is run by the Michael Roberts Charitable Trust - Charity Number 1065006