

# Harvest appeal



## Help support your food bank this Harvest

In October, the food bank will provide over 400 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 community.

### Donate money



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

### Shopping list

Tinned Veg

Tin Opener

Household Sprays

Stock Cubes

Instant Mash

UHT Milk

Tinned Cold Meat

Tea Bags

Hand Soap

**01501 229 307**

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

Registered Charity in Scotland (SC048112).

