



Please donate an item or two from the list to help local people left without enough money to live on.

Shopping list

Tinned meat/fish

Tinned veg/fruit

Cooking sauces

Coffee

Milk (UHT or powdered)

Cereals

Fruit juice (long-life)

Tinned pudding

Jam

Instant mashed potato



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Our food bank:

1. Provides emergency food and practical support to local people in their hardest moments.
2. Works with local partners to get people the right help, so they're less likely to need the food bank again.
3. Is part of a UK-wide community of food banks, working together with Trussell to ensure no one needs a food bank to survive.



Find us on FaceBook

cramlington.foodbank.org.uk



Scan QR code
To find out more about our work and to make a financial donation.

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