

# HARVEST 2023

Thank you for supporting Abingdon Foodbank this harvest. This year we are particularly in need of:

**MEAT (tinned) - curries, hotdogs, chilli, stews, corned beef and ham**



**FISH (tinned) - tuna, mackerel, sardines and salmon**



**HOT DRINKS – tea (foiled in 80's most useful), coffee, hot chocolate, cuppa soup**



**FRUIT (tinned) – peaches, pears, pineapple, fruit cocktail, etc**



**PUDDINGS– long-life sponges (tinned or plastic wrap), custard, rice pudding**



**COOKING OILS** – sunflower, vegetable or olive



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**SOUP** – tinned, cuppa soup and chunky soups



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**VEGETABLES** (tinned) – including peas, carrots, sweetcorn, tomatoes, instant mash potato



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**CEREALS** – breakfast cereal, porridge, granola, muesli, Ready Brek



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**JAMS** etc – marmalade, jam, peanut butter, chocolate spread, Nutella, honey



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**PULSES** (tinned) – chick peas, lentils, red kidney beans etc

