

# Harvest 2022



## Shopping List



1. Sm/Med Jar of Coffee
2. Jam
3. Instant Mash
4. Tinned Meat/ Fish
5. Tinned Fruit/Vegetables
6. Tinned Spaghetti
7. Soup
8. Chocolate
9. Laundry Tablets
10. Washing Up Liquid
11. Shampoo & Conditioner
12. Snack/ Breakfast Bars
13. Biscuits
14. Tinned Tomatoes
15. Sponge Puddings
16. Rice Puddings
17. Custard
18. Rice
19. Packet Noodles
20. Shower Gel
21. Toothbrushes/ Toothpaste
22. Deodorant



# Harvest 2022



## Donate Here



1. Sm/Med Jar of Coffee
2. Jam
3. Instant Mash
4. Tinned Meat/ Fish
5. Tinned Fruit/Vegetables
6. Tinned Spaghetti
7. Soup
8. Chocolate
9. Laundry Tablets
10. Washing Up Liquid
11. Shampoo & Conditioner
12. Snack/ Breakfast Bars
13. Biscuits
14. Tinned Tomatoes
15. Sponge Puddings
16. Rice Puddings
17. Custard
18. Rice
19. Packet Noodles
20. Shower Gel
21. Toothbrushes/ Toothpaste
22. Deodorant



**Epping Forest Foodbank**  
[eppingforest.foodbank.org.uk/give-help/harvest](http://eppingforest.foodbank.org.uk/give-help/harvest)  
Registered Charity in England & Wales (1182270)

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FUNDRAISING  
REGULATOR