

# Harvest 2022



## Shopping List



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

Registered with



FUNDRAISING  
REGULATOR

# Harvest 2022



## Donate Here



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

Registered with



FUNDRAISING  
REGULATOR