# **WE NEED YOUR HELP**

# **To support a local foodbank this Christmas.**

[](https://www.bing.com/images/search?view=detailV2&ccid=Edu1Hlgm&id=CD7B738C2AA7BEFF5D6AF08D48B556C2911F3953&thid=OIP.Edu1HlgmaBKZZNldYLtZIAHaE7&mediaurl=http://www.economicvoice.com/wp-content/uploads/2013/08/The-Trussell-Trust.png&exph=418&expw=628&q=the+trussell+trust&simid=607997279089131715&selectedIndex=1)

We will be collecting donations for **Local North East Food Banks** throughout November and December.

In particular, they’re looking for donations of:

* Tinned meat: corned beef, tuna, ham, steak and chicken
* Tinned vegetables: peas, carrots, potatoes, sweetcorn
* Tinned fruit and puddings: e.g. pears, mandarin orange, rice pudding or sponge pudding, tinned custard and evaporated milk
* Tinned tomatoes
* UHT milk (whole/semi skimmed), small diluted fruit juices (low sugar), small jars of coffee, tea bags, cereals, biscuits
* Selection boxes, stocking fillers (not big toys), tubs of sweets, boxes of chocolates, gift packs of inexpensive toiletries for men and women (which can be wrapped as a gift)
* Christmas puddings, mince pies, Christmas cakes, snacks, biscuits, Christmas crackers
* Soap, shampoo, shower and bath gel, deodorant, sanitary products
* Laundry and household cleaning items

**Alternatively, please donate whatever cash you can afford and Chambers will do the shopping for you through an arrangement we have with a Morrisons Supermarket. There will be donations boxes on Reception in Chambers, Newcastle and York.**