

**'Thank You for Helping Us to Help Others'**



### **Donate Instantly Via Just Giving QR Code\***

\*Donations made through Just Giving Account between February & April 2022 will be used primarily to support our appeal for a collection & delivery vehicle.

The Silklife Foodbank exists to help Single people, Couples and Families who are facing an Emergency Hunger Crisis. Frontline professionals can make or find out more about how to make referrals to our service through [foodbank@silklife.co.uk](mailto:foodbank@silklife.co.uk) **Keep Updated by following on Facebook - Silklife Foodbank**

## What's Best to Donate?

### **Foods Required**

- Cereals (Inc. Multipacks)
- UHT Milk; UHT Juice
- Tea, Coffee, Biscuits
- Cordials (Small)
- Jam & Spreads
- Rice, Pasta Noodles, Spaghetti
- Instant Pasta, Instant Rice
- Pot Noodles
- Pasta Sauces
- Gluten Free Foods (Ambient only)
- Vegan Foods (Ambient only)

- Fray Bentos Pies
- Curry
- Chilli Con Carne
- Chicken in Sauce
- Irish Stew
- Stewing Steak
- Meatballs
- Beef Ravioli
- Tuna Fish
- Salmon

- Sweetcorn
- Carrots
- Processed Peas
- Instant Mash
- Spaghetti Hoops
- Hotdogs
- Rice Pudding
- Custard
- Peaches

### **Toiletries**

- Toilet Rolls
- Shampoo
- Toothbrushes
- Toothpaste
- Sanitary Products
- Deodorants
- Shaving Kits



**Over 2000 referrals responded to in 2021 – Distributing over 750kg every week in the last 12 months**

**\*\*We are unable to accept fresh and frozen foods\*\***

## Donation Point: