

# AUGUST and SEPTEMBER 2021 Donation Guide

The next collection dates are Saturday and Sundays 9.30 am to 5 pm

**August – 28<sup>th</sup> and 29<sup>th</sup>**  
**September – 25<sup>th</sup> and 26<sup>th</sup>**

**PLEASE NOTE: FOR THE NEXT COLLECTIONS THEY HAVE SPECIALLY REQUESTED THAT WE GIVE PRIORITY TO THE HIGHLIGHTED ITEMS BELOW**

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## **SHOPPING LIST FOR MOST NEEDED ITEMS - THANK YOU!**

- **EGG NOODLES**
  - **MEAT PIES**
  - **TIN FISH - MACKEREL, SARDINES, PILCHARDS AND TUNA (NO ANCHOVIES)**
  - **MICROWAVEABLE HOT PUDDINGS**
  - **LONG LIFE, READY MADE JELLY POTS**
  - **PEANUT BUTTER AND CHOCOLATE SPREAD**
  - **INSTANT MASH POTATO**
  - **CHOCOLATE BISCUIT BARS - KIT KAT, PENGUIN, CLUB ETC**
  - **CEREAL BARS**
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- **TOMATO KETCHUP**

## **HOUSEHOLD & TOILETRIES NEEDED PLEASE - THANK YOU!**

- **WASHING UP LIQUID**
  - **LAUNDRY TABLETS BIO AND NON-BIO**
  - **LADIES & MEN'S DEODORANT**
  - **TOOTHPASTE**
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- **SHAMPOO AND CONDITIONER**

**For the latest list of needed items check**  
**<https://gravesham.foodbank.org.uk/give-help/donate-food/>**

**Thank You very much for your support**

Gravesham Foodbank hosted by RCCG Life Start

Connections & supported by Gravesham Churches Together

Registered charity number 1135341 Registered in England & Wales

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