



Please help local people in crisis by buying items from the list below and giving them to your nearest collection point.

Thank you!

- \* Milk (UHT or powdered)
- \* Sugar (500g)
- \* Fruit Juice (carton)
- \* Soup
- \* Pasta Sauces
- \* Sponge Pudding (Tinned)
- \* Tomatoes (Tinned)
- \* Cereals
- \* Rice Pudding (Tinned)
- \* Tea Bags/inst coffee
- \* Instant Mash Potato
- \* Rice/Pasta
- \* Tinned Meat/Fish
- \* Tinned Vegetables
- \* Tinned Fruit
- \* Baked beans
- \* Jam
- \* Biscuits or snack bars



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- **The foodbank** is designed to help individuals and families in crisis through the provision of emergency food supplies. Local care professionals in the Chester and Ellesmere Port area refer people, with a food voucher, to the **foodbank centre** where they are given their food supplies, a cup of coffee and help in finding other professionals who can help them out of their crisis.
- **The foodbank** also supports existing agencies working with the distressed and destitute by donating food in bulk.
- **The foodbank** allows the general public to contribute to and support local well-being in a simple practical way.



For further details of the work of **The foodbank** and **how you can be involved** contact  
 Chester & Ellesmere Port foodbank, C/o Link Up, Hoole Lighthouse Centre, Westminster Road  
 Hoole, Chester, CH2 3AU **t:** 07774 291 066 **e:** info@chesterellesmereport.foodbank.org.uk

**www.trusselltrust.org**

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