



Family Food Bank

This Christmas The Family Food Bank Presents 'All I Want For Christmas Is...'

Christmas can be an expensive time for everybody, but for those already on a tight budget, the added expenses of increased winter fuel bills, the extra challenges covid-19 has created, and the pressure to buy Christmas presents can plunge many people into crisis, leading them to make difficult choices.

How you can help...

From the **1st November until 17th December 2021** we are asking people to sing aloud and donate to our 'All I Want for Christmas Is....' appeal.

The food listed is very important to us, as they are products that help us make up our food boxes.

If you are planning to donate advent calendars please can these be delivered by the 26th November so we can issue these out for the 1st December.

Once you finished collecting, all the key information to make your donation can be found on our website: www.familyfoodbank.org/christmas-2021

to find out your nearest distribution centre. You can also get in touch by calling [01233 500477](tel:01233500477) or emailing familyfoodbank@children-families.org.

To find out more please follow us on Facebook!

This year please take the decision to donate and together we can make this Christmas a time to remember for all the right reasons!



Children and Families



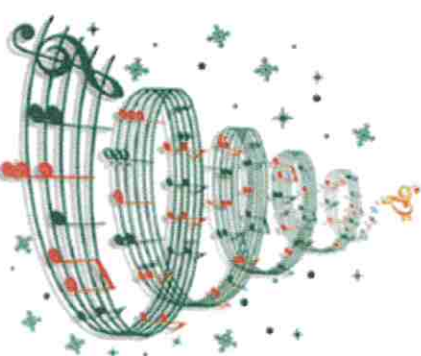
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All I Want For Xmas Is....

- X 4 TINS OF MEAT (CURRY, CHILL, MEATBALLS, ETC.)
- X 4 TINS OF VEG (POTATOES, PEAS, CARROTS, ETC.)
- X 1KG PASTA
- X 1KG RICE
- X 1 TEA/COFFEE
- X 1 CEREAL
- X 1 LONG LIFE MILK
- X 2 TINS OF FISH
- X 2 TINS OF TOMATOES
- X 1 JAR OF SAUCE
- X 4 TINS OF SOUP
- X 4 TINS OF BAKED BEANS/SPAGHETTI
- X 4 TINS OF DESSERTS (CUSTARD, FRUIT, ETC.)
- X 1 PRESERVES (JAM, MARMITE, ETC.)
- X 2 LUCKY DIPS (BISCUITS, XMAS CHOCOLATE, MINCE PIES, XMAS PUDDINGS, HYGIENE PRODUCTS, ETC.)



PLEASE PLACE YOUR ITEMS IN A BAG /BOX AND DELIVER TO OUR WAREHOUSE OR VIA A DISTRIBUTION CENTRE PARTNER. MORE INFORMATION CAN BE FOUND:

www.familyfoodbank.org/christmas-2021

If you don't have time to collect food, have you thought about giving???

For just £8.50 you can help pay for one of our family boxes, this feeds a family of four, two meals a day for five days. That's 40 meals for £8.50.

Please visit our website to find out more ways you can donate:

www.familyfoodbank.org/christmas-2021

Thank you for your support!



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