



# kfb in Sept

Working together to help  
the hungry and those in crisis  
in Knighton and East Radnor

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how you can help **knightonfoodbank**

## September Shopping List

**Please, our shelves are very empty  
and we are in URGENT need of:**

- ✓ Tinned Fruit, Custard and Rice Pudding
- ✓ Tinned Meat Pies and Tinned Soup
- ✓ Tinned Corned Beef or Ham    ✓ Tinned Tuna
- ✓ Pasta and Pasta Sauces
- ✓ Jam, Choc Spread and Marmalade    ✓ Biscuits
- ✓ Tinned Tomatoes and Sweetcorn
- ✓ Cereal (*child friendly please - not bran or muesli*)
- ✓ Washing Powder    ✓ Washing up Liquid    ✓ Toilet Rolls
- ✓ Deodorant, Shampoo, Shower / Bath Gel
- ✓ Toothpaste, Razors, Tampax and Feminine products

If you would prefer to give a small cash donation, this will enable us to purchase fresh milk, bread, cheese and eggs and to buy fresh vegetables / fruit vouchers to include with individual food parcels.

You may prefer to set up a regular donation to support our work by completing a Standing Order to take to you Bank / Building Society. Ask Helen for more information, or visit our website [www.knightonfoodbank.co.uk](http://www.knightonfoodbank.co.uk)

Please note we can only accept food items that are well within their use-by date.

In addition to **Knighton Baptist Church** on **Tuesdays** and **Fridays** - 10 - 11.30, we have opened an outreach session in **Presteigne Baptist Church**, on **Thursdays** 10 - 11.30

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**knightonfoodbank**

**BAPTIST CHURCH, NORTON STREET, KNIGHTON, POWYS**

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