



kfb in Feb

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

how you can help **knightonfoodbank**

February Shopping List

Thank you everyone who contributed so generously to our Food Bank over Christmas and New Year. We still have a good supply of most store cupboard items but we do need the following:

- ✓ Tuna ✓ Corned Beef and Ham ✓ Tinned Meat and Pies
- ✓ Tinned Rice Pudding and Custard ✓ Tinned Fruit
- ✓ Soups (*but not Tomato or Oxtail please*)
- ✓ Coffee and Drinking Chocolate
- ✓ Peanut Butter and Chocolate Spread ✓ Sugar
- ✓ Toilet Rolls ✓ Washing Up Liquid
- ✓ Laundry Powder or Liquid
- ✓ Shampoo ✓ Shower Gel ✓ Deodorant

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 or Stewardship form (with Gift Aid.)** Ask Helen for more information, or visit our website 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

knightonfoodbank

BAPTIST CHURCH, NORTON STREET, KNIGHTON, POWYS / BAPTIST CHURCH, HEREFORD STREET, PRESTEIGNE, POWYS

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