



# kfb in May

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

how you can help knightonfoodbank

## May Shopping List

- ✓ Tinned Rice Pudding and Custard - **URGENT**
- ✓ Tinned Fruit - **URGENT**
- ✓ Tinned Meat and Pies - **URGENT**
- ✓ Tuna      ✓ Corned Beef and Ham - **URGENT**
- ✓ Soups      ✓ Tea, Coffee and Drinking Chocolate
- ✓ Peanut Butter and Chocolate Spread
- ✓ Biscuits      ✓ Sugar
- ✓ Toilet Rolls and Washing Up Liquid
- ✓ Laundry Powder / Liquid
- ✓ Shampoo and Shower Gel      ✓ Deodorant
- ✓ Toothpaste and Toothbrushes

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](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

knightonfoodbank      REG CHARITY: 1172353

BAPTIST CHURCH, NORTON STREET, KNIGHTON, POWYS / BAPTIST CHURCH, HEREFORD STREET, PRESTEIGNE, POWYS  
MANAGER: HELEN ANDERSON      TEL: 07731 524 058      EMAIL: [helen@knightonfoodbank.co.uk](mailto:helen@knightonfoodbank.co.uk)      [www.knightonfoodbank.co.uk](http://www.knightonfoodbank.co.uk)