



kfb in summer

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

how you can help knightonfoodbank

# Summer and School Holiday Project Shopping List

- ✓ Tinned Rice Pudding and Custard
- ✓ Tinned Fruit
- ✓ Tinned Meat and Pies (*Meatballs, Hot-dogs, Stewed Steak*)
- ✓ Tinned Fish    ✓ Corned Beef and Ham
- ✓ Soups    ✓ Pasta Sauces
- ✓ Tinned Vegetables (*but not baked beans, kidney beans or chickpeas*)
- ✓ Cereals (*but not Bran, Porridge or Special K if possible*)
- ✓ Tea, Coffee and Fruit / Flavoured Cold Drinks
- ✓ Peanut Butter, Chocolate Spread and Sandwich fillings
- ✓ Biscuits and Snacks (*to add to lunch boxes*)
- ✓ Toilet Rolls, Washing Up Liquid, Laundry Powder / Liquid
- ✓ Shampoo, 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

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