



**KNIGHTON & PRESTEIGNE FOODBANK**  
BAPTIST CHURCH, NORTON STREET, KNIGHTON, POWYS

MANAGER: HELEN ANDERSON

[helen@knightonfoodbank.co.uk](mailto:helen@knightonfoodbank.co.uk)

[www.knightonfoodbank.co.uk](http://www.knightonfoodbank.co.uk)

**07731 524 058**



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

# Spring Shopping list



We would *welcome*:

- ✓ Children's Cereals, Chocolate Spread, Jam
- ✓ Meat-balls, Hot-dogs, Tinned Stewing Steak, Corned Beef
- ✓ Tinned Sweetcorn, Tinned Peas / Carrots  
Baked Beans, Spaghetti Hoops, Pasta Sauces
- ✓ Microwave easy-cook Rice
- ✓ Tinned Fruit, Tinned Custard, Rice Pudding
- ✓ Tea, Coffee, Fruit Drinks
- ✓ Biscuits and Treats
- ✓ Laundry and hygiene products for men, women and teens
- ✓ Baby shampoo, bath lotion, talc, wet-wipes
- ✓ Vouchers from Carini Butchers, The Salty Dog, Deli Tinto, Tom Pugh Butchers, Rhos Market Garden

Please, no soup or pasta, thanks



Drop-off points: Knighton Co-op, Presteigne Spar shop

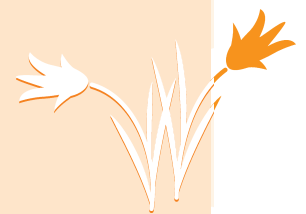
Contact Helen **07731 524 058**, for more information.

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 form**. 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.

For help in **Presteigne** please contact **Helen** on 07731 524 058.)



**KNIGHTON**

**BAPTIST CHURCH,  
NORTON STREET  
KNIGHTON, POWYS,  
LD7 1EY**

**OPENING TIMES:  
Tuesday and Friday  
10am to 11.30am**