

HARVEST 2022

Thank you for supporting Abingdon Foodbank this harvest. This year we are particularly in need of:

MEAT (tinned) - curries, hotdogs, chilli, stews, corned beef and ham



FISH (tinned) - tuna, mackerel, sardines and salmon



HOT DRINKS – tea (foiled in 80's most useful), coffee, hot chocolate, cuppa soup



FRUIT (tinned) – peaches, pears, pineapple, fruit cocktail, etc



PUDDINGS– long-life sponges (tinned or plastic wrap), custard, rice pudding



COOKING OILS – sunflower, vegetable or olive



~ ~ ~ ~

SOUP – tinned, cuppa soup and chunky soups



~ ~ ~ ~

VEGETABLES (tinned) – including peas, carrots, sweetcorn, tomatoes, instant mash potato



~ ~ ~ ~

CEREALS – breakfast cereal, porridge, granola, muesli, Ready Brek



~ ~ ~ ~

JAMS etc – marmalade, jam, peanut butter, chocolate spread, Nutella, honey



~ ~ ~ ~

PULSES (tinned) – chick peas, lentils, red kidney beans etc

