

Food Bank Appeal

Can you help?

We are looking for weekly donations of *non-perishable* food, health, sanitary and everyday basic items for people & families within our community and surrounding areas that are in need.

If we could all purchase 1 item per week/month to donate, this will make an enormous difference to those in need, most of these items cost less than E1.00

Examples of items needed;

Tea

Coffee

Hot chocolate



Sugar

Breakfast Cereals

Jams and Marmalade

Pasta/Rice

Pasta sauce (Jars/Stir in)

Packets of soup

Tinned fish (Salmon, Tuna etc)

Tinned vegetables (Peas, Beans etc)



Feminine goods



Toiletries (Shampoo, Shower Gel, Toothpaste etc)