

# COMBINED HARVEST APPEAL



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HELP BY DONATING AN ITEM OR TWO FROM OUR SHOPPING LIST TO ENSURE WE CAN PROVIDE FOOD TO PEOPLE IN CRISIS

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## SHOPPING LIST TOP TEN ITEMS

Milk (UHT or powdered)  
Tinned meat  
Tinned fish  
Pasta sauces  
Fruit juice (carton)  
Tinned fruit  
Rice  
Jam  
Biscuits  
Tinned rice pudding

Don't forget...

*You can help transform more lives with a financial donation too.*

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