

Emergency Food Parcel Items:

Long-life Milk (1 litre)	Tinned Sweetcorn or Potatoes
Skimmed Milk Powder	Instant Mash
Granulated Sugar	Tinned Pulses
Tea Bags (40/80/160)	Baked Beans / Spaghetti
Instant Coffee (small jar)	Rice / Pasta (500g / 1Kg)
Long-life Fruit Juice (1 litre)	Pasta Sauces (pkt / jar)
Breakfast Cereals (all sizes)	Tinned Rice Pudding
Soup (tinned or cup-a-soups)	Tinned Sponge Pudding
Tinned Ham / Spam / Corned-Beef	Tinned Fruit
Tinned Stew / Hotdogs / Burgers	Jam / Honey / Peanut-Butter
Tinned Fish	Sweet Biscuits / Snacks
Tinned Tomatoes	Savoury Biscuits / Snacks
Tinned Peas or Carrots	

Toiletries:

Toilet paper
Shower gel or soap
Shampoo
Toothbrushes & toothpaste
Sanitary towels
Razors & shaving foam for men

Household Cleaning:

Washing-up Liquid
Laundry Powder
Cleaning Sprays / Cloths

Childcare:

Nappies



People living near you are going hungry...

Today in North Bradford, Shipley & surrounding areas there are families struggling to put food on the table. For people on low incomes, a sudden crisis - redundancy, benefit delay or even an unexpected bill - can mean going hungry. Every day parents skip meals to feed their children and people are forced to choose between paying the rent and eating.

Bradford North Foodbank provides emergency food and support to local people in crisis. We take time to listen and signpost people to further support. We also offer a 6 week 'Eat Well Spend Less' cookery & budgeting course.

Bradford North Foodbank is part of The Trussell Trust's UK-wide foodbank network. This helps local churches and communities to open foodbanks, providing emergency food to thousands of people nationwide.



**Please play your part today....
and help feed local people in crisis**

Thank you for your support!

Bradford North foodbank is run in partnership with local churches, facilitated by The Trussell Trust.

Registered charity number 1160060 | Registered in England and Wales

www.bradfordnorth.foodbank.org.uk

