



Please help local people in crisis by donating items from our shopping list

- fruit juice (long life carton)
- instant mashed potato
- instant coffee
- sponge puddings
- cereal
- porridge
- tinned fruit
- milk (UHT)
- sugar
- pasta sauces
- tinned tomatoes
- tinned vegetables
- tinned spaghetti
- tinned soup
- tinned rice pudding
- tinned custard
- pasta
- long grain rice
- tinned meat
- tinned fish
- jam
- biscuits
- snack bars

foodbanks provide three days of emergency food to local individuals and families in crisis who have been referred to us by other agencies

thank you



Reg. Charity No: 1110522 | Registered in Eng. & Wales
The St Austell foodbank is run as a project of St Austell Light and Life Church (registered charity 1128866) in partnership with our community