



**FAWLEY**  
PARISH COUNCIL

## HELP SUPPORT YOUR FOODBANK

# WITH FOOD DONATIONS THIS CHRISTMAS

In the 3 weeks leading up to Christmas the Foodbank will provide over 100 Christmas food parcels for local individuals and families in crisis. We at Gang Warily Recreation & Community Centre and Fawley Parish Council want to help. If you are able to put one extra item or more in your shopping basket and would like to bring them into the centre we will be collecting from Tuesday 27th November through to Tuesday 4th December at 2:00pm. We will then take all the donations to the foodbank. We have 2 lists of donations that are requested; a Christmas wish list for the additional food parcel the foodbank will provide this Christmas and then the essential list of items the food bank still require for the essential food parcel for those in need.

### Christmas Wish list

Tinned Ham  
Chocolate Log  
Christmas Cake  
Long Life Cream  
Box of Biscuits  
Childs Selection Box  
Box of Chocolates  
Bar of Chocolate  
Nibbles (peanuts, crisps etc)  
Christmas Crackers  
Mince Pies

### Essentials still needed

Coffee (100g)	Custard (tinned)
Sponge Puddings	Pasta
Dried Milk Powder	Cereals
Milk (UHT)	Instant Mashed Potato
Soup (tinned)	Potatoes (tinned)
Tomatoes (tinned)	Tea (40 bag)
Sugar (500g)	Vegetables (tinned)
Rice Pudding (tinned)	Fruit Juice
Meat (tinned)	<b>No Baked Beans please</b>
Fish (tinned)	

[Waterside.foodbank.org.uk](http://Waterside.foodbank.org.uk)

Tel: 07768713329

Registered Charity in England & Wales (1136282)

