



**Ashfield**  
VOLUNTARY ACTION

## Emergency Foodbank

### We need...

Cereal	Tinned / packet soup	Pasta
Packet noodles	Hot dogs	Rice
Pasta & sauce	Instant mash	Biscuits
Tinned stew	Tinned meatballs	Beans
Tinned meat / fish	Tinned vegetables	Sugar
Tinned potatoes	Tea / coffee	Biscuits
Tinned fruit	Rice pudding	Long Life milk
Peanut butter	Baby products	Toiletries

If you would like to find out more about the food bank, volunteer or donate please contact Sarah Taylor at Ashfield Voluntary Action on 01623 555 551

