



To help people this December, we would love:

In December 2019, we expect to give out over 1,000 food parcels - each providing local people in crisis with 3 days of food.

Thank you for helping us continue this service - we couldn't do it without you!

Our current needs are here 

We are very well stocked with baked beans, pasta, soup, cereal, sanitary towels & tampons

If you would like any further information, please contact:

Tel: 01603 251733 or admin@norwich.foodbank.org.uk



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Long life milk
Long life fruit juice
Long life sponge pud
Tinned meat
Tinned vegetables
Deodorant & shower gel

Christmas treats:
chocolate / sweets, big bags of crisps, mince pies. No alcohol please