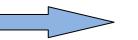




In December 2019, we expect to give out over 1,000 food parcels - each providing local people in crisis with 3 days of food.

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



Follow us on Twitter & Instagram: @norwichfoodbank

Find us on facebook: Norwich Foodbank UK

## To help people this December, we would love:

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

