

## HARVEST FOOD APPEAL

### Give Breakfast a Boost!

Coffee  
Sugar  
Long-life Milk  
Long-life Juice  
Bottled Water  
Squash  
Hot Chocolate

Tinned Spaghetti  
Tinned Tomatoes  
Cereal Bars  
Ketchup  
Brown Sauce  
Cooking Oil  
Honey, Jam, Marmalade



### Can you help fill our cupboards?

People experiencing homelessness  
need to start the day with a  
nourishing breakfast

Please support our Harvest Food Appeal 2024.

If you have any questions, please email

[donations@turning-tides.org.uk](mailto:donations@turning-tides.org.uk)

[WWW.TURNING-TIDES.ORG.UK](http://WWW.TURNING-TIDES.ORG.UK)