

HARVEST FOOD APPEAL

Give a Lunchtime Bite!

Tuna/Sardines/Pilchards
Corned Beef/Ham
Tinned Meals & Pies
Microwave Rice
Cooking Sauces (Jars)
Sandwich Fillers
Squash

Snack & Protein Bars
Pot Noodles
Pasta-n-Sauce
Instant Noodles
Crisps
Sweet Treats & Biscuits
Long-life Juice



Can you help fill our cupboards?

People experiencing homelessness need to be
nourished, fed & hydrated.

Please support our Harvest Food Appeal 2024.

If you have any questions, please email:

donations@turning-tides.org.uk

[WWW.TURNING-TIDES.ORG.UK](http://www.turning-tides.org.uk)