

## HARVEST FOOD APPEAL

### Give a Super Supper!

Corned Beef/Ham  
Tinned Meals & Pies  
Microwave Rice  
Cooking Sauces (Jars)  
Rice Pudding  
Custard

Long-life Juice  
Long-life Milk  
Squash  
Coffee  
Soft Drinks  
Tinned Fruit

**We also welcome donations of  
fresh fruit, veg and meat**



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

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