



Harvest Festival 2017



Thank you everyone for your amazing support with Harvest Festival donations.

This year, St Petrock's and Exeter Foodbank are sending this joint flyer to help co-ordinate resources and ensure that your harvest gifts reach local people where they are most needed.

Please use the lists of 'needed items' for each charity given below to gauge how you can best support them this harvest. Every item will be used to support a local person in need - and will be greatly appreciated!



Exeter Foodbank provides emergency parcels of non-perishable food to local people in crisis via a voucher-referral scheme.

In 2016/17, we supplied 3 days' worth of food to **5,178 people** from a wide range of backgrounds (of whom 1,615 were children).

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|---|-------------------------|
| UHT/Longlife Milk—1L, <i>semi-skimmed</i> | Noodle/pasta snacks |
| Tinned vegetables | Longlife fruit juice—1L |
| Instant coffee | Tinned fish |
| Sugar— <i>granulated</i> | Rice—500g |
| Sponge puddings | Tinned potatoes |
| Pasta sauce | Tinned custards |
| Tinned meat | Jams & spreads |
| Tinned fruit | Squashes & cordials |
| Tinned rice pudding | |

Please contact Mark Richardson, Foodbank Manager on 07818 226524 / info@exeterfoodbank.org.uk if you would like a talk about the work of the foodbank, or to arrange a collection.

To aid transportation (and save our volunteers' backs) please place items in **carrier bags or small boxes** prior to collection.



Please note that, unfortunately, neither Exeter Foodbank nor St Petrock's are able to accept **any fresh produce**. **If you wish to donate perishable items, please contact the following organisations:**

- Apples (individuals):* Kenniford Farm 01392 875938
- Apples (orchards):* Darts Farm 01392 878200
- Any other fresh fruit/veg/chilled items:* Exeter Food Action exeterfoodaction@gmail.com 07880 814064

Thank you for your understanding & support!

St Petrock's

provides a range of emergency, advice & support services to aid local people who are homeless or vulnerably housed.



In 2016/17, our centre kitchen served around **10,000 cooked breakfasts & lunches** to people without a home. Can you help us continue this vital service by donating any of the following items?

Tinned items:

- Baked beans
- Ravioli
- Macaroni Cheese
- Tinned tomatoes
- Tinned vegetables; (*peas, carrots, potatoes, sweetcorn*)
- Tinned fruits
- Rice pudding
- Tinned custard
- Condensed milk
- Evaporated milk
- Corned beef
- Tinned ham
- Tinned meats – *steak/mince*
- Fray Bento's meat pies
- Tinned fish – *tuna*

- Mint/apple sauce
- Stuffing mixes
- Branston Pickle
- Mustards
- Mayonnaise
- Tomato ketchup
- Brown sauce
- Marmalade
- Strawberry jam
- Peanut butter
- Cereals
- Pasta sauces
- Custard powder
- Biscuits (sweet)

Cleaning items:

- Anti bac hand soap
- Bleach
- Biological Washing powder
- Hand sanitiser
- Solid air fresheners
- Anti bac spray
- Anit bac wipes
- Rubber gloves M/L
- Baby wipes
- Pocket tissues
- Tea towels

Packaged Items:

- Sugar – granulated/castor
- Instant Coffee
- Teabags
- Hot Chocolate
- Cup a Soups
- Longlife fruit juices
- Fruit squash
- Herbs/spices
- Marmite/Vegemite
- Stock cubes – *beef/chicken/vegetable*
- Instant gravy mix

- Wet/dry dog food
- Dog treats

If you would like a talk about our work, or to arrange a collection, please contact Gill on gill@stpetrocks.org.uk / 01392 422396.

Registered charity no.: 1090155