





Email: info@westlothian.foodbank.org.uk
Telephone no: 01501 229307 option 3

	2	3		5	6
Cardboard Box (310 x 220 x 240)	Soup	Tinned Ham, Turkey or Chicken	Tinned Potatoes	Tin Opener	Savoury Biscuits
Charictures Dudding	8	9	10	11	12
Christmas Pudding (No Alcohol)	Snacks	Instant Potatoes	Chocolate Biscuits	Long Life Juice	Tinned Carrots
13	14	15	16	17	18
Tinned Custard	Stuffing Mix	Crisps	Tinned Fruit	Trifle Mix	Gravy Granules
19	20	21	22	23	Cash Donation to help
Nuts	Box of Chocolates	UHT Milk	Sweets	Tinned Sweetcorn	with foodbank costs

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A gift a day keeps the hunger at bay!