



## **DONATE FOOD**

**On your next trip to the shop, you could grab an extra tin of baked beans, a packet of rice or a box of cereal?**

**Before you go home for Christmas, go through your cupboards with your housemates and see what you can spare.**

**Or, you can visit their website [fallowfieldwithington.foodbank.org.uk](http://fallowfieldwithington.foodbank.org.uk) and donate money.**