



The Family Food Bank Christmas Appeal 2022!

“What Christmas Means To Me”

Christmas can be an expensive time for everybody. But for those already on a tight budget, the added expenses of increased winter fuel bills, rising inflation, and the pressure to buy Christmas presents, can plunge many people into crisis, leading them to make difficult choices.

How you can help...

From the 21st November until 18th December 2022 we are asking people to sing out loud and donate to our Christmas appeal!

‘What Christmas Means To Me’.

The food listed is very important to us, as these products are key to making our food boxes.

If you are planning to donate advent calendars please can these be delivered by the 28th November so we can issue these out for the 1st December.

Once you have finished collecting, all the key information to make your donation can be found on our website: www.familyfoodbank.org/christmas-2022

To find out your nearest distribution centre, you can also get in touch by calling [01233 500477](tel:01233500477) or emailing familyfoodbank@children-families.org.

To find out more please follow us on [Facebook!](#)

This year please take the decision to donate and together we can make this Christmas a time to remember for all the right reasons!



Please Like & Follow Us On Facebook—Search ‘Family Food Bank’





“What Christmas Means To Me...”



X 4 TINS OF MEAT (CURRY, CHILLI, MEATBALLS, ETC.)

X 4 TINS OF VEG (POTATOES, PEAS, CARROTS, ETC.)

X 1KG PASTA

X 1KG RICE

X 1 TEA/COFFEE

X 1 CEREAL

X 1 LONG LIFE MILK

X 2 TINS OF FISH

X 2 TINS OF TOMATOES

X 1 JAR OF SAUCE

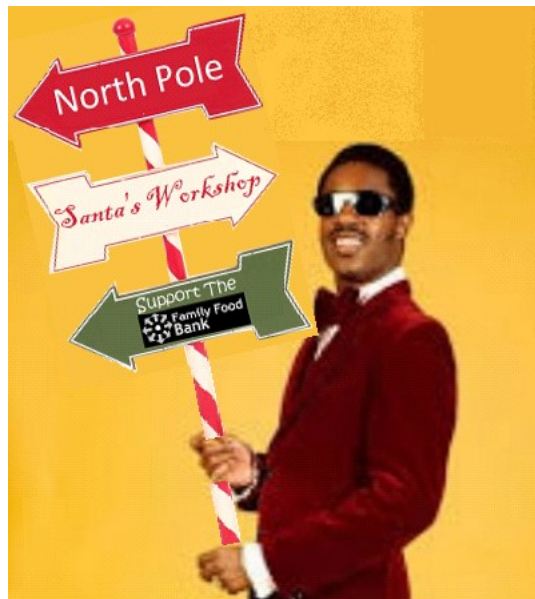
X 4 TINS OF SOUP

X 4 TINS OF BAKED BEANS/SPAGHETTI

X 4 TINS OF DESSERTS (CUSTARD, FRUIT, ETC.)

X 1 PRESERVES (JAM, MARMITE, ETC.)

X 2 LUCKY DIPS (BISCUITS, XMAS CHOCOLATE, MINCE PIES, XMAS PUDDINGS, HYGIENE PRODUCTS, ETC.)



Please click the image to get in the festive spirit.

PLEASE PLACE YOUR ITEMS IN A BAG / BOX AND DELIVER TO OUR WAREHOUSE OR VIA A DISTRIBUTION CENTRE PARTNER. MORE INFORMATION CAN BE FOUND BY VISITING:

www.familyfoodbank.org/christmas-2022

If you don't have time to collect food, have you thought about giving???

For just £8.50 you can help pay for one of our family boxes, this feeds a family of four, two meals a day for five days. That's 40 meals for £8.50.

Please visit our website to find out more ways you can donate:

www.familyfoodbank.org/christmas-2022



Thank you for your support!



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