



hopecentre



# Help Hope this Harvest



Rice

Pasta

Tinned fish

Tinned meat

Baked beans

Tinned fruit

Tinned pasta

Soup

Cooking sauces

Cereal

tinned tomatoes

Beans other (chick peas/kidney beans etc)

Spreads (jam/marmalade etc)

Tinned veg (sweetcorn/carrots/mushrooms/peas etc)

Tinned pudding (custard, rice pud)

*Thank you*