



*Working together to help
the hungry and those in crisis
in Knighton and East Radnor*

How you can help Knighton & East Radnor foodbank Coronavirus Appeal for April

We are facing shortages of some items of food but if you can donate at least 1 item from List A, B, C & D, we can keep up with demand, Thank you for the wonderful cash donations - but due to rationing we cannot shop for all these items in one hit, so we still need your help.

Drop off points:

The Co-Op - Knighton

Norton Street Baptist Church - Tues/Fri 10 -11.30

Spar - Presteigne

Presteigne Baptist Church - Thursday 10 -11.30.

We can arrange collection if you cannot get to any of these places! Call Helen on 07731 524 058 or to make a Cash Donation visit www.knightonfoodbank.co.uk

List A	List B
Tinned Soup Tinned Spaghetti Tinned Tuna Tinned Cold Meat Tinned Pies/meatballs/hotdogs Tinned Vegetables	Tinned Fruit Tinned Custard Tinned Rice Pudding Tinned Evaporated Milk Longlife Milk
List C	List D
Cereals Biscuits Tea Bags Coffee Jam/Chocolate Spread Crisps/packed lunch treats Sugar	Shower/Bath Gel/Shampoo Toothpaste Deodorant Shaving Razors/Shaving Foam Hand soap Washing up Liquid Washing Detergent Nappies/Baby Wipes