

## HARVEST FOOD APPEAL

### Give Breakfast a Boost!

Coffee	Tinned Spaghetti
Sugar	Tinned Tomatoes
Long-life Milk	Cereal Bars
Long-life Juice	Ketchup
Bottled Water	Brown Sauce
Squash	Cooking Oil
Hot Chocolate	Honey, Jam, Marmalade



### Can you help fill our cupboards?

People experiencing homelessness  
need to start the day with a  
nourishing breakfast

Please support our Harvest Food Appeal 2024.  
If you have any questions, please email  
[donations@turning-tides.org.uk](mailto:donations@turning-tides.org.uk)

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