



Thank you for  
supporting your  
local foodbank

[www.midlothian.foodbank.org.uk](http://www.midlothian.foodbank.org.uk)

## Feeding local people in crisis

Your donations enable us to provide three days of emergency food to local people in crisis. Working with local care professionals to identify those in need, we are able to provide short term relief and support as well as signposting people to organisations to help solve the longer term problem.

Please help us to feed the hungry by buying some of the following non-perishable food items:

- Tomatoes - (Tinned)
- Soup (Tinned or packet)
- Sugar
- Orange juice (carton)
- Milk (UHT or powdered)
- Fruit - (Tinned)
- Breakfast Cereal
- Meat - (Tinned)
- Vegetables - (Tinned)
- Tuna / Fish - (Tinned)
- Pasta Sauce (Jar)
- Pasta / Noodles (Dried)
- Tea Bags
- Rice Pudding - (Tinned)
- Chocolate
- Biscuits



Reg. Charity No. SC004673

Reg. in Scotland

