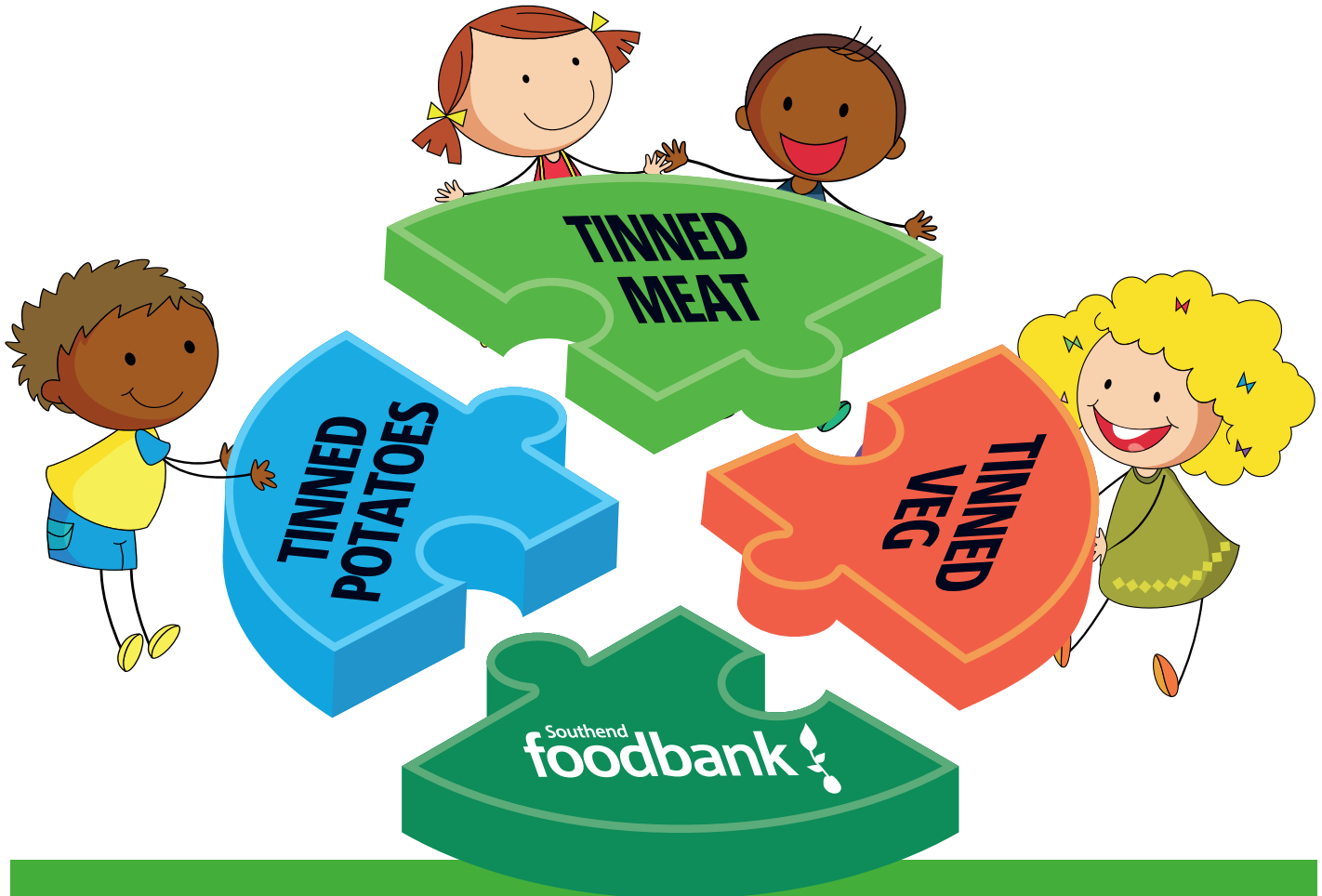


LET'S MAKE A MEAL OF IT!



Together we're making **DINNER** - please donate:

- Tinned meat (e.g. tinned meat pie, meatballs, chicken in sauce, chilli con carne)
- Instant mash or tinned potatoes • Tinned mixed vegetables

- This community is coming together to make sure everyone gets enough to eat.
- We collecting tinned vegetables, instant mash and tinned meat, for example cook-in-the-tin pies, meatballs or canned chili for Southend Foodbank.
- Other schools in the area are collecting lunches, breakfasts, puddings and healthy veggie options.
- Together these will help to make sure the foodbank can give balanced food boxes, using only canned and long-life food.
- Extra donations of treats are also welcome.

#LETSMAKEAMEAL