



Collection starts 29th  
of September – 10th  
October



# ★ FOOD FOR THOUGHT ★

A HOUSE COMPETITION  
SUPPORTING CHICHESTER FOOD BANK

LET'S BEAT LAST YEAR'S TOTAL OF  
**183Kg = 457 MEALS!**

## URGENTLY NEEDED ITEMS

- Baby food & baby toiletries
- Instant coffee & regular tea bags
- Kitchen roll & toilet roll
- Deodorant & shampoo
- Tinned meat or vegetarian meals
- Tinned vegetables & tinned fish
- Long-life milk & fruit juice
- Jam, honey, spreads
- Treats (choc bars, biscuits, snacks)
- Washing up liquid
- Nappies (sizes 5, 6, 7)
- Tinned puddings, cereals, cooking sauces, instant mash



**REMEMBER:** We are an ambient food bank – please only donate store cupboard items, toiletries or household goods that are unopened, in-date and do not contain alcohol. No homemade food.

## COLLECTION POINT

**Carmelite hall stage**

## HOUSE COMPETITION

EVERY ITEM = 1 HOUSE POINT  
THE HOUSE WITH THE MOST  
POINTS WINS!

ALL POINTS CONTRIBUTE TO THE HOUSE CUP

