



*Delivering a foodbank to people in Hulme,  
Moss Side, Whalley Range & Old Trafford*

## Hungry?

Your neighbours might be

Sudden job loss, illness, homelessness or separation can lead to a crisis when finding the next meal

The foodbank gives vital food to local people in need

## YOU can help

Your gift of tinned or dried food will help those in need over the worst

**World Food Day 16<sup>th</sup> October is a day of action against hunger  
Bring a tin to work and help local people**



Phone: 0161 226 3413

Email: [info@manchestersouthcentral.foodbank.org.uk](mailto:info@manchestersouthcentral.foodbank.org.uk)  
[@MSCFoodbank](#) [#MakeADifference](#)

### Shopping List

- ✓ Tinned potatoes
  - ✓ Tinned peas
  - ✓ Tinned carrots
  - ✓ Packets of rice/noodles
  - ✓ Long life whole milk
  - ✓ Sugar
  - ✓ Toiletries
- These are items we are often short of*

*Thank you*