



All donations received for the Newham Churches Food Bank will be given to Woodgrange Baptist Church.
Thank you in advance for any donations.

**PLEASE PUT DONATIONS
INTO OUR ORANGE BINS
AT...**

**St. Mark's Vicarage,
41a Tylney Rd, E7 0LS**

**St. Mark's Church,
Lorne Rd, E7 0LJ**

ITEMS TO DONATE

- Rice
- Lentils
- Flour
- Jam
- Vegetable oil
- Pasta
- Longlife milk
- Toilet rolls
- Biscuits
- Fruit squash
- Tinned tomatoes
- Granulated sugar
- Washing up liquid
- Washing pods
- Tinned meat
- Vegetarian meals
- Sweet & sour sauces