

Date: 29.11.2022

Dear Parent / Carer

RE: Donating to Kings Church Food bank

I am writing to inform you that Conisborough College will be supporting the **Kings Church Food bank** this winter.

Everyday people in the UK go hungry for many reasons, but just a small box of food can make a big difference, particularly at this time of year. Foodbanks provide emergency food to people in crisis and their need is increasingly important during the winter period and because of the 'cost of living crisis' on local families. **Kings Church Food bank** and its wonderful volunteers work to tackle food poverty and hunger locally across Lewisham.

Conisborough College has arranged to collect food items from the **1st to 14th of December**. It really would be appreciated if you could donate non-perishable* food items (see list on the reverse of this page for suggested items to be donated)

A donation box will be held in the **reception area** and on both of our **main teaching floors** (situated next to the Year 11 and 7 Heads of Year's office).

I appreciate your co-operation in this matter.

S Aylward

Dr S Aylward
Assistant Headteacher

**It would be appreciated if all food donations are non-perishable (food items that do not need to be stored in refrigerators and have a long shelf life)*

Suggested food items:

- Tinned tomatoes
- Tinned veg
- Tinned pulses
- Tinned meat
- Tinned fish
- Noodles
- Instant mashed potato
- Long life juice / Squash
- Tinned fruit
- Milk (UHT / Dried)
- Rice
- Pulses
- Dried Pasta
- Dried fruits
- Biscuits
- Nuts
- Chocolate
- Crackers

Items not to bring:

- Fresh meat
- Fresh vegetables
- Fresh fruit
- Sweets
- Pastries
- Fresh pasta and Bread
- Items in glass jars
- Bags of flour

