

## We are collecting food to help others

## What Can I Donate?



**Tinned Beans Tinned Fruit** 

**Dried Fruits** 

Cereals

leat

eans & Pulses



Tinned Vegetables	Tinned Mea
Rice	Lentils, Bea
Pasta	Biscuits
Tinned Fish	Tea/Coffee
Oats	UHT Milk
Soup	Fruit Juice



## Please take any donations to reception







## Thank you for your support



**NEMESIS** Early Years are helping others in our community as part of our on going Nemesis project.