



Please help us feed local people in crisis by checking the backs of your cupboards for in-date tins of food, or from buying items from our list and donating.

Thank-you!

Shopping list

- ✓ Breakfast Cereal
- ✓ Tinned fruit/custard
- ✓ Tinned meatballs, hotdogs, macaroni cheese, ravioli, bean and sausages, All-day breakfast, minced beef & onion, chilli, spaghetti Bolognese.
- ✓ Pasta sauces
- ✓ Instant mash
- ✓ Corned Beef
- ✓ Tinned Fish
- ✓ Fresh fruit/veg
- ✓ Tinned mixed vegetables, potatoes, mushrooms, sliced carrots, mixed beans.
- ✓ Pot/packet noodle
- ✓ Cereal bars
- ✓ Milk powder
- ✓ Instant coffee
- ✓ Rice pudding
- ✓ Jam
- ✓ Biscuits or snack bars
- ✓ Crisps
- ✓ Cartons of juice

Non-food items such as toiletries, plastic spoons/forks/plates and tinned dog food are most welcome too. Also items such as blankets, socks and boxer shorts are always in need. ☺



JUST BECAUSE SOMEBODY IS WITH LESS, DOES NOT MEAN THEY ARE WORTH LESS.

WE ARE A COLLECTIVE GROUP OF PEOPLE DEDICATED TO MAKING SURE THE HOMELESS, LESS FORTUNATE AND VULNERABLE ARE NOT FORGOTTEN IN SOCIETY BY DIRECTLY PROVIDING HOME-COOKED MEALS AND OTHER ESSENTIALS TO THOSE IN NEED.

WHY?

13 million people live below the poverty line in the UK. We are witnessing levels of impoverishment last seen in war times, an increase in homelessness, and an exponential growth in the numbers of people who are experiencing real hunger and hardship, and an unprecedented rise in the need for emergency food aid. We are calling on communities to converge, unite and take action to help make sure no-one is left hungry or socially isolated in society.

HOW YOU CAN HELP

Through creating and sharing we can help shape a more caring society, one where every individual is valued and respected.

- **Give Food.** Check your cupboards for any unwanted food items (please check dates). Want to help even more? Could you start a foodbank collection point at your work, school or church?

- **Donate toiletries.** We accept unused items such as shampoo, deodorants, body lotions, tooth paste, tooth brushes, towels/flannels, aftershave/perfume etc.

- **Give Clothes.** Check your wardrobes and drawers. If you find any clothing that is in good condition but is no longer of use to you, consider passing it on to someone else.

We accept most items as long as they're clean and dry, including shoes (tied in pairs), clothing, handbags, blankets and towels.

- **Donate money or fundraise.** We need funds to keep going. We appreciate whatever you can give, big or small.



WHERE?

We distribute food and other necessities from the streets in the heart of Norwich every Tuesday and Saturday at 8pm. We are a 100% non-profit, grassroots movement. For more information or if you feel you could help with donations or volunteering contact thepeoplesthepeople@yahoo.co.uk Check us out on facebook, or follow us on twitter @kcepeoplesthepeople.

