

## **Are you struggling?**

**Hungry?** Porch Pantry open 7 days a week

**Lonely?** Call the Pastoral Care Team

**Debt?** Help with managing your money

Tel: 07593 429114

Email: [admin@freshsalt.uk](mailto:admin@freshsalt.uk)

The Porch Pantry is proving to be a valuable and much needed provision within the community. People are taking items from the Porch and many food bags have been delivered.

For those who would like to donate, please consider the following items whilst shopping:

Cereals

Tinned: curry, chilli, fruit, rice pudding, custard, tuna, meat pies, baked beans, hot dogs, meat balls, soup

Jars: pasta bake, bolognese, curry

Tea, coffee, long life milk

Marmite, Jam, honey

Squash

Ready to bake baguettes

Crisps, biscuits, cookies

Snack items for children: boxes of raisins, mini breadsticks, mini cheddars

Toiletries: toothpaste, nappies, shower gel, shampoo, sanitary products etc.

Please no fresh or chilled food.

All items can simply be placed in the Porch Pantry, or you can help by donating through the Just Giving link:

[www.justgiving.com/campaign/merseaislandporchpantry](http://www.justgiving.com/campaign/merseaislandporchpantry)