

Friday, 8th October, 2021

Dear Parents,

At this time of year, we often think about Harvest Time. Harvest is a special time of year in the Christian calendar when we can be thankful for our food but it is also a time for us to think about people in our community who are less fortunate than ourselves. This year we would like to support our local food banks in Ballymena. These are organised by The Trussell Trust. The Trussell Trust support a nationwide network of food banks and provide emergency food and support to people locked in poverty. They've worked with nutritionists to develop a food parcel that contains sufficient nutrition for adults and children, for at least three days of healthy, balanced meals for individuals and families. **If you would like to donate any food to our local food banks we would greatly appreciate your help. All donated items can be sent in with your child, to pass onto their class teacher. The donated food will be collected by one of the food bank volunteers on Thursday 21st October.**

I have made contact with the charity and have included a list of the items that they are running low on. However, the charity has pointed out that they are very appreciative of any donations so I've included a list of other suitable items too.

Thank you for your support. It's great to be able to help our local community.

Mrs J McAuley

Mrs K McLaughlin

Items included in a typical food parcel.	Items that they are running low on
<ul style="list-style-type: none"> •Cereal •Soup •Pasta •Rice •Tinned tomatoes/ pasta sauce •Lentils, beans and pulses •Tinned meat •Tinned vegetables •Tea/coffee •Tinned fruit •Biscuits •UHT milk •Fruit juice 	<ul style="list-style-type: none"> • <i>Sugar</i> • <i>Jam</i> • <i>Longlife milk</i> • <i>Coffee</i> • <i>Size 5 nappies</i> • <i>Male and female toiletries</i> • <i>Pot noodles</i> • <i>Biscuits</i> • <i>Fruit juice</i> • <i>Tinned fruit</i>