



West Acton Primary
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Head Teacher: Ms K Kondo

Monday 8th October 2018

Dear Parents/Carers,

Re: Harvest Festival collection for Ealing Food Bank- 15th October

There will be a Harvest assembly for the children on Monday 15th October. (Please note it is not a concert as in previous years).

Traditionally at Harvest time in the Autumn huge feasts were shared among family and friends but in more recent years the festival has become about sharing with those less fortunate than ourselves or raising money for charity. Therefore, we would welcome donations to take to our local Ealing Food bank.

The hall will be open from 8.30am on Monday 15th October so that you can drop off your donation. On the back you will find the Food bank's 'shopping list' – please do stick to that where possible but definitely please do not send in perishable items such as fresh fruit and vegetables.

I thank you in advance for any food you may be able to donate on this occasion.

Yours faithfully,

Karen Kondo
Headteacher



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Shopping List

Food Category	Comments	Toiletry Category	Comments
Cereals		Toiletries - body	Shower gel, soap, moisturiser
Porridge	0.5kg and 1kg only	Toiletries - dental	Tooth brush, tooth paste, mouth wash
Coffee	Instant only	Toiletries - deodorant	Male, female, unisex
Tea	Tea bags only	Toiletries - feminine hygiene	Sanitary products
Other Hot Drinks	Hot Chocolate, Horlicks	Toiletries - hair	Shampoo, conditioner
Milk - UHT	0.5L or 1L size only	Toiletries - shaving	Razors, foam
Milk - Dried		Household Category	Comments
Squash & Juice	Long life juice & fruit squash - NO water or fizzy drinks	Household - cleaning	Washing up liquid, washing powder (small size)
Meat	Pies, stews, casseroles, hotdogs, corned beef, luncheon meat etc.	Household - paper	Toilet rolls, paper towels, tissues
Fish	Tuna, salmon, pilchards, sardines etc.		
Vegetarian Main Dishes	Macaroni cheese, ravioli, vegetable stew, curry, chilli		
Vegetables	Tinned ONLY: Green peas, broad beans, green beans, carrots, sweetcorn, mushrooms, tomatoes, potatoes etc.		
Baked Beans		Baby Category	Comments
Pasta in tomato sauce	Spaghetti, hoops	Baby Toiletries	Nappies (small packs), talc, cream, wipes etc.
Cook in Sauce/Pasta Sauce	Jars only	Baby food & milk	
Soup - Vegetable, Meat or Fish	Cans or packets		
Table Sauces	Ketchup, Mayo, Brown Sauce		
Custard	Tins preferred		
Fruit	Tins preferred		
Puddings	Long Life sponge puddings and cakes		
Rice pudding	Tins preferred		
Sugar	0.5kg and 1kg only		
Noodles	All types, including instant & pot noodles		
Pasta	0.5kg and 1kg only		
Rice	0.5kg and 1kg only		
Pulses	Tins preferred - kidney beans, chick peas etc.		
Biscuits	Sweet & Savoury		
Sweet treats	Chocolate, sweets		