



Agents Giving



Agents Donate a Food Parcel Day

Simple guide to donating a food parcel



1. Find your local foodbank

You can use the link on [this page](#) to find your local foodbank.

2. Find out what items your foodbank is most in need of.

You can call or look on their website, many say what they require most or are in shortage of.

A TYPICAL FOOD PARCEL INCLUDES:

- Breakfast cereals
- Soup
- Pasta
- Rice
- Pasta sauce
- Tinned beans
- Tinned meat
- Tinned vegetables
- Tinned fruit
- Tea or coffee
- Sugar
- Biscuits
- Snacks



3. Put a call out for these items among your office and collect the donated items.

Collect them in your office.

4. Find a box/s suitable to carry your donations.

5. Go and donate your food collections to your local foodbank.

You can just pop along and donate or arrange a time to go and say hi and find out a bit more about the great work the foodbank does in your local community.



6. Share your foodbank donation photos with us to help spread the word.

Get even more agents involved in donating a food parcel and supporting their local foodbanks.



Thank you for your support

Registered Charity No. 1124410

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