



Harvest appeal 2026

As you gather and give thanks this Harvest, support people practically in your community, and join us in ending hunger today, together and forever.

In the three weeks leading up to Harvest, our food bank will provide over 500 food parcels to people on the lowest incomes.

Support us this Harvest...

End hunger today...

Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

Long-life milk	Tinned meat/fish
Pasta sauce	Tinned fruit
Coffee	Tinned potatoes
Tea bags	Tinned tomatoes
Instant mash	Tinned spaghetti
Tinned rice pud	Shampoo
Tinned custard	Washing-up
Tinned ham	liquid

Explore ending hunger together and forever...

Download Trussell's Harvest reflection written by people who have used food banks.

This reflection can be used alone or together with a group.

Explore stories of hospitality and gratitude, reflect on different meanings of Harvest and pray with us as we seek to end hunger today, together and forever.

View and download the reflection at trussell.org.uk/harvest

Contact Medway Foodbank to learn more and donate items:

Tel: 01634 757057

Email: info@foodbank.org.uk

Website: <https://medway.foodbank.org.uk/>

Registered Charity in England & Wales (1166505)

Ending hunger together