



Please donate some items to help  
provide emergency food for local  
people in crisis

### Priority items:

Milk (UHT long life cartons)  
Fruit Juice (long life cartons only)  
Tinned Potatoes/Dry Mash  
Tinned Rice Pudding  
Tinned meat  
Tinned fish  
Tinned fruit  
Pasta sauce

### Also:

Tinned Vegetables, Tinned Tomatoes, Jam,  
Toiletries, Sanitary Products, Household  
Products

# Thank You!



South-West Belfast foodbank provides short-term emergency food to individuals and families. The areas we serve include Lagmore, Twinbrook, Poleglass, Lenadoon, Suffolk, Dunmurry, Finaghy, Andersonstown, Falls, and part of Shankhill.

### How a food bank works:

- Non-perishable food is donated by the public.
- Food is sorted by foodbank volunteers.
- Frontline care professionals, including healthcare and social workers, give foodbank vouchers to people in crisis.
- People receive food and further support from the foodbank.



If you would like to volunteer:  
[swbf.org.uk/volunteer](https://swbf.org.uk/volunteer)



If you would like to donate financially to help keep us running and to top up needed food items:  
[swbf.org.uk/donate](https://swbf.org.uk/donate)



[south\\_westbelfastfoodbank](https://www.instagram.com/south_westbelfastfoodbank)



[swbfoodbank](https://www.facebook.com/swbfoodbank)

[swbf.org.uk](https://swbf.org.uk)

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South-West Belfast foodbank is run and governed by Colin Glen Christian Fellowship (Registered with The Charity Commission for Northern Ireland NIC104892).



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**the trussell trust**