



*'Our Best at all Times'*

Headteacher: Mrs Mitzi Nichol

22 September 2021

Dear Stillness Families

I hope you have had a wonderful summer break and welcome to a new and exciting school year!

It is nearly harvest time again and Lewisham Foodbank is gearing up to receive much needed donations to replenish their stock. In order to receive the types of food Lewisham Food Bank regularly run out of, we are kindly asking if you could donate a certain category of food. We have been nominated as **The Meat School** so please donate non-perishable items only, (any brands welcome) no later than **Monday, 18 October 2021**.

To encompass the children's creativity, we thought it would be a fun idea for the children to decorate a shoe box and place the items in there. I have attached some ideas onto the next page.

The Foodbank helps individuals and families in crisis, through the provision of emergency food supplies. A network of local agencies issue vouchers and refer people to the Foodbank centres to receive food. Each person is given enough nutritionally balanced food for at least three days. As well as this, people are given information about other services which might be of assistance.

Please note, we can only accept non-perishable food items that are still within their best-before date, are sealed and are not homemade.

This list is not exhaustive, but we hope it helps with gathering some ideas.

**Most useful food items:**

- Pasta / spaghetti / macaroni
- Rice
- Baked beans / tinned spaghetti
- Basic tinned vegetables e.g. potatoes, carrots, peas, sweetcorn
- Tinned tomatoes
- Soup (tinned & packet)
- Pot noodles / instant pasta or rice meals – always very popular!



- Sandwich spreads e.g. paste, marmite, jam, marmalade
- Rice pudding / custard / tinned fruit / instant desserts
- Breakfast cereal/cereal bars
- Canned ready meals e.g. hotdogs, meatballs, stews, curry, bolognese, tinned sausages, corned beef, tinned ham etc. – another favourite!
- Pasta and meal sauces
- Easy to prepare foods (i.e. add hot water / microwaveable)
- Canned beans

If you have any queries please do not hesitate to contact me.

Yours sincerely

Miss Senior-Y4 Lead

