

GIVE HELP

DONATE FOOD

Our foodbank relies on your goodwill and support.

Over 90% of the food distributed by foodbanks in [The Trussell Trust](#) network is donated by the public – that’s why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three day supply of food.

Our shopping list on the right shows the food items that we need right now.

If you are happy to drop off food donations, please see the table below for our food collection point locations:

LOCATION OF FOOD DONATION POINT	OPENING HOURS
Colchester Foodbank 3 Tollgate Retail Park, Tollgate West, Colchester CO3 8RG	10am-2pm Mon-Sat

We always welcome donations and promise to use them to provide help to people in crisis. Occasionally we send food to other nearby foodbanks to support their work particularly if they experience shortages. This ensures your donations go to help people wherever in the UK they are.

We can also receive donations at collection points included in all the major Supermarkets in Colchester which have a collection point by the door, this includes Asda (for in-store shoppers only), East of England Co-op (including stores in and surrounding Colchester), Marks & Spencer, Sainsbury’s (Stanway Tollgate & Priory Walk), Tesco (Hythe & Highwoods for in-store shoppers only), & Waitrose.

OUR SHOPPING LIST

- **SMALL BAGS OF RICE**
 - **LOGLIFE MILK**
 - **LOGLIFE JUICE**
 - **SHAMPOO**
 - **CARRIER BAGS/ REUSEABLE BAGS**
 - **SQUASH**
 - **TINNED FRUIT**
 - **DEODORANTS**
 - **TINNED POTATOES**
 - **TINNED PUDDINGS**
 - **TINS OR PACKETS OF CUSTARD**
 - **JAM**
 - **PEANUT BUTTER**
 - **TOOTHBRUSH/ TOOTH PASTE**
 - **RAZORS**
 - **SHOWER GEL**
 - **SMALL JARS OF COFFEE**
 - **SMALL WASHING POWDER/LIQUID**
 - **SMALL MULTIPACK SNACKS (PENGUIN/CLUB/TWIX)**
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- **TINNED TOMATOES**