

# Helping Hands

Helping Hands provides emergency food provision to individuals and families in our local community.

In order to maintain a well stocked storehouse of food, Renewal relies on your generosity – thank you for your weekly donations; they make a huge difference.

You can drop your donations off after a service at our Helping Hands point or at our Renewal Solihull Reception during office hours throughout the week.

Please support Helping Hands by giving any of the following items:

**Cereal**

**Jars of coffee**

**Jam**

**Teabags**

**Soup**

**Tinned pasta**

**Tinned stews**

**Tinned casseroles**

**Tinned curries**

**Tinned meat & fish**

**Tinned vegetables**

**Tinned tomatoes**

**Baked beans**

**Tinned fruit**

**Tinned rice pudding**

**Corned beef**

**Toothpaste**

**Toothbrushes**

**Shower gel**

**Deodorant**

**Renewal**

**[renewalcc.com/helpinghands](http://renewalcc.com/helpinghands)**