

# *Let's get ready to jingle...*

From 1st December everyone referred to us will receive a food parcel *and* a JINGLE BAG they can put aside for Christmas day.

*Our jingle bags contain everything needed for Christmas dinner including some top tips for cooking.*

If you would like to help fill a jingle bag here's what we need:

- chicken/turkey (tinned)
- potatoes (tinned or packet mash)
- carrots (tinned)
- sweetcorn (tinned)
- peas (tinned)
- gravy (packet)
- bread sauce (packet)
- stuffing (packet/box)
- Christmas pudding
- custard
- mince pies
- biscuits
- Christmas chocolates or a Christmas selection box
- Christmas savoury snacks

*As bags will be given out from 1st December ALL items must be non perishable.*

East Lothian Foodbank  
3 Civic Square  
Tranent  
East Lothian  
EH33 1LH

t: 01875 899 277 or 07516 510 617  
e: [info@eastlothian.foodbank.org.uk](mailto:info@eastlothian.foodbank.org.uk)  
w: [eastlothian.foodbank.org.uk](http://eastlothian.foodbank.org.uk)  
or find us on



Registered charity: SC043523