



# Harvest Festival 2023

Thank you for supporting the Andover foodbank at your Harvest Festival Celebration.  
Enjoy these activities and learn a little more about what we do.

Below is a list of what we put in a family food box to provide enough for 3 days. We also give out a market voucher for the fresh fruit & veg stall.

Can you create a menu for breakfast, lunch and dinner on the chart provided for 3 days worth of healthy meals. You can use up to 5 items of fresh fruit and veg along with the list below.

4 tins baked beans	2 packs biscuits	1 large cereal	multi pack chocolate bars
4 tins fish (tuna)	2 tins fruit	1 lt fruit juice	1 jam/marmalade
2lt long life milk	3 tins meat	1 kg pasta	1 tin potatoes
1 pk rice	4 tins soup	2 tins spaghetti in sauce	2 tins custard or rice pudding
2 jars pasta sauce	1 pk tea bags	2 tins of tomatoes	3 tins vegetable
Multi pack crisps	cereal bars	Squash	Instant noodles

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>