

Harvest 2025

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 supper 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
2 lt long life milk	3 tins meat	1 kg pasta	1 tin potatoes
1 pk rice	4 tins soup	2 tins spaghetti	2 tins custard or rice pudding
2 jars pasta sauce	1 pk tea bags	2 tins of tomatoes	3 tins vegetable
Multipack crisps	Cereal bars	Squash	Instant noodles

Breakfast	Lunch	Dinner