



## ***Your Food Parcel***

We are pleased to gift you with a parcel of essentials from Conwy Food Bank. Please find important information you should be aware of about the contents of the parcel we provide.

### ***Expiry Dates***

*Although we check the expiry dates on every item, we do ask that you also check prior to using each item. Some items are given to us short-dated, so you need to look out for these and make sure that they are used within those dates.*

### ***Bread***

*We do occasionally have donations of bread. Usually these are due to be used on the same day as they are donated. In that instance, we will freeze the bread on that day. If you have any bread in your parcel, it will have been taken out of the freezer on the day the food parcel was sent out to you, and it should have a shelf life of 2-3 days. Please ensure that you check the bread to make sure it is suitable for use before you eat any.*

### ***Fruit And Vegetables***

*Occasionally we are given items of fruit and vegetables and will pass this on to you in our parcels wherever possible. Fruit and vegetables donated and given this way do not have an actual expiry date, but it is up to you to check the suitability of any given items given prior to use.*

### ***Milk***

*Currently we ask for donations and therefore provide long life milk when it is available. We often run out of supplies and cannot guarantee to provide this with every parcel. If you have been given long life milk, please ensure that you keep it refrigerated once it has been opened.*

### ***Special Diets, e.g. Diabetic, Vegan And Gluten-Free***

*Whilst we will do our best to provide food that is appropriate for your needs, we are NOT diet experts! It is your responsibility to ensure that the food we provide is safe and appropriate for you.*

*Please let us know if there is anything else we can do or provide for you. If your food is not suitable for any reason, email: [fb@sanctuarytrust.org.uk](mailto:fb@sanctuarytrust.org.uk)*

*We are grateful to our many donators, volunteers and organisations which help us bring you this parcel and continue our services in North Wales.*