

## **ALFS HELP DONATE THE FOLLOWING:**

- Pasta/Rice/Soup/Tins
- Animal Food
- Sleeping Bags
- Toiletries
- Sanitary Products
- Nappies
- Medicines
- Power Banks
- Generators

## **EXTRAS WANTED FOR APRIL/MAY**

- First Aid Kits
- T Shirts - short sleeved, black or khaki
- Black socks and briefs
- Shampoo and soap
- Instant food to fit into a pocket, to be made up with hot water or eaten from the tin
- Chocolate bars
- Coca Cola and energy drinks
- Sanitary wear for the women
- Tourniquets
- Generators
- An Ambulance! (We did it before...)
- 1,000 Easter eggs for the children in Ukraine!