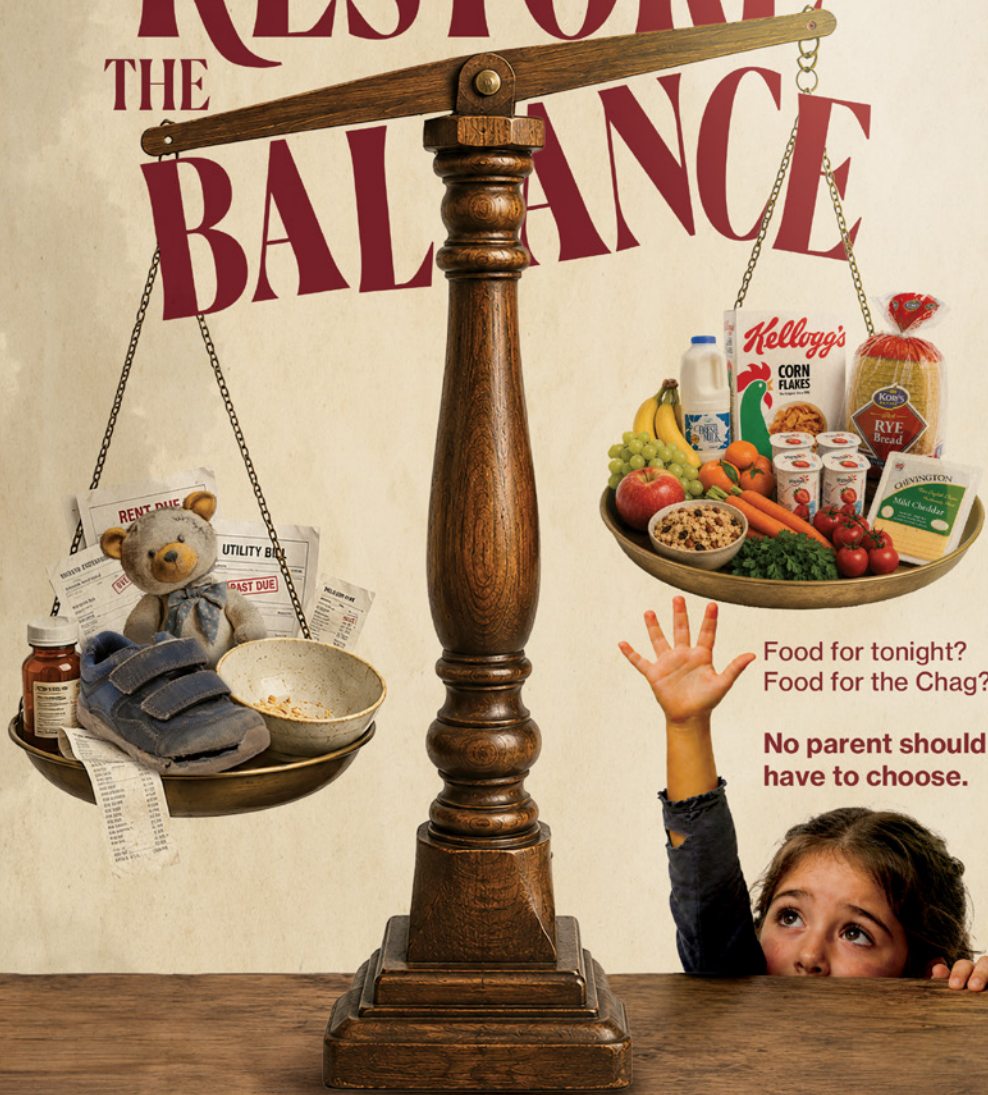


# RESTORE THE BALANCE



Food for tonight?  
Food for the Chag?

**No parent should  
have to choose.**



THE COST OF  
1,500 FESTIVAL TABLES

£224,036.11

|                 |            |
|-----------------|------------|
| Poultry         | £52,973.56 |
| Pantry Staples  | £39,804.90 |
| Fish            | £22,434.85 |
| Fruit & Veg     | £29,716.20 |
| Household Goods | £31,496.00 |
| Grape Juice     | £34,880.60 |
| Admin Support   | £12,730.00 |



# HIGH PRICES

*should not weigh on little shoulders.*

Before the table is laid, many parents are already weighing what they can afford, what they can leave out, and how to make the High Holy Days feel whole.

**Food Lifeline** delivers kosher food parcels and essentials so families, elderly people and those in crisis can sit down to the festival table with dignity.

The cost of living is **escalating.**

Food prices keep **rising.**

Wages and benefits are **lagging behind.**

*“My children didn’t ask for much. That made it harder. They noticed more than I wanted them to.”*

- Mrs H., Mother of 6

1,500

FAMILIES SUPPORTED

6,572

CHILDREN REACHED

420

PEOPLE LIVING ALONE



# Before the year is sealed, feed one family.



Your parcel brings food, dignity and relief  
before the festival begins.

## Send a High Holy Days parcel today

*Food Lifeline*  
FIGHTING HUNGER TACKLING POVERTY

The Z.S.V. Trust 1063860

[www.foodlifeline.org.uk](http://www.foodlifeline.org.uk)

[admin@foodlifeline.org.uk](mailto:admin@foodlifeline.org.uk)

0208 211 1022

12 Alcester Crescent, London E5 9PX

# When daily life becomes too much, *your support can tip the balance.*

Join the Food Lifeline Community today.

Choose what you will restore

- £36** | food staples for one child
- £180** | festival meals for an elderly couple
- £250** | a full table for a family (6 dependents)
- £500** | a month of essentials for one family
- Other £** \_\_\_\_\_



*Your gift steadies the table*

# Donation amount:

£ \_\_\_\_\_



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## Donation Method

**Cheque / Charity Voucher** (payable to: ZSV Trust/ Food Lifeline)

**BACS:**                      **Bank:** Natwest              **Account Name:** Z.S.V. Trust  
**Sort Code:** 60-20-22      **Account No.** 86062255

**Credit/Debit Card:**

Card No.   

Expiry Date:          Sec. Code:

## Gift Aid

I am a UK taxpayer and would like Food Lifeline (Z.S.V. Trust) to claim Gift Aid on this donation, and on any donations I have made in the past four years or may make in the future. I understand that I must pay enough Income Tax and/or Capital Gains Tax to cover the amount of Gift Aid claimed.

Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Opt out of post/receipt

Complete this form and return it to [admin@foodlifeline.org.uk](mailto:admin@foodlifeline.org.uk), or [donate online](#)

