

## 🌟 Give Back with us – VSUK Seva Collection April 2026 🌟

This year, our Local Organisers and EC are coming together to make a meaningful impact in our community. As part of seva (selfless service), we're organising a donation drive in support of the Midcounties Co-operative – Warwick District Food Bank.

### 💛 How you can help:

We invite all attendees to bring along one or more items from the list below. Every contribution—big or small—makes a real difference. To ensure we meet the food bank's needs, please stick to the requested items.

### 🛒 Donation List

Below are some suggestions:

<ul style="list-style-type: none"><li>• 📦 Tinned Food<ul style="list-style-type: none"><li>○ Vegetables, tomatoes, fruits</li></ul></li><li>• ☕ Beverages<ul style="list-style-type: none"><li>○ Instant coffee, tea bags</li><li>○ Long-life milk, squash, long-life juice, powdered milk</li></ul></li><li>• 🍲 Staple Foods<ul style="list-style-type: none"><li>○ Microwaveable rice</li><li>○ Instant mashed potatoes</li><li>○ Pasta 'n' sauce sachets</li><li>○ Cereal</li></ul></li></ul>	<ul style="list-style-type: none"><li>• 🍜 Instant Foods &amp; Snacks<ul style="list-style-type: none"><li>○ Cup soups, pot noodles</li><li>○ Crisps, crackers</li><li>○ Chocolate bars, biscuits</li></ul></li><li>• 🧴 Toiletries<ul style="list-style-type: none"><li>○ Deodorant, shampoo, conditioner</li><li>○ Shower gel, toilet rolls</li></ul></li><li>• 🧺 Household Essentials<ul style="list-style-type: none"><li>○ Tissues</li><li>○ Washing-up liquid</li><li>○ Laundry detergent</li></ul></li></ul>
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### 👏 Get Involved on the Day

We'll also be hosting a hands-on volunteer session, where attendees can help sort and organise donations into categories and boxes—an opportunity to serve together and connect.

All collected items will be coordinated and delivered to the Co-operative on the same day (where possible) or shortly after the event.

🌟 **Let's come together, give generously, and make a positive difference in our community.**