



**FOOD AND ESSENTIAL SUPPLIES FOR THOSE IN NEED
IN OUR LOCAL COMMUNITY**

The church front door will be open on the 4th Saturday of every month from **10.30am – 12.30pm**

July 24 August 28 September 25 October 23

Please bring any contributions to the church during those times.

Covid-safe collection – please wear a mask and stay socially-distanced

Please ensure that:

- Everything is well within the use-by date.
- No fresh food is donated
- You only include small sizes and quantities, not large tins and packets.

PLEASE DO NOT BUY: - cereal, oats/porridge, tinned soup, biscuits, tuna Harrow Food Bank currently have a large stock of all these items.

These are the items needed this month:

HARROW FOOD BANK

- BAGS FOR LIFE
- WASHING UP LIQUID
- COOKING OIL
- TINNED IRISH STEW
- NAPPIES SIZE 6
- TINNED CUSTARD
- TOOTHBRUSHES – ADULTS
- MENS RAZORS
- SMALL JARS COFFEE
- TINNED VEGETARIAN MEALS

LONDON'S COMMUNITY KITCHEN

- TEA BAGS
- PASTA
- RICE
- FLOUR
- SUGAR
- SHOWER GEL
- HAND SANITISER
- WET WIPES

If you have any queries please contact Jane Everitt or Joyce Eavis