



London's Community Kitchen

Zero Waste - Zero Hunger

**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**

LAST COLLECTION FOR THIS YEAR - November 27

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

- VARIETY PACKS OF CEREAL
- TINNED MEATBALLS
- COOKING OIL
- TINNED RICE PUDDING
- TOILET ROLLS
- WASHING-UP LIQUID
- MEN'S DEODORANT
- PACKET MEAT SOUP (CUP-A-SOUP)
- LONG-LIFE FULL-FAT MILK
- TINNED BEEF RAVIOLI
- TINNED SPAGHETTI BOLOGNAISE
- TREATS & CHOCOLATES

LONDON'S COMMUNITY KITCHEN

- PASTA
- RICE
- SUGAR
- SHOWER GEL
- SHAMPOO
- TOILET PAPER

If you have any enquiries, please contact Jane Everitt or Joyce Eavis