



What's on January's most wanted supplies list?

HARROW FOOD BANK

- GRAVY GRANULES
- TINNED HOT DOGS
- TINNED FISH (NOT TUNA)
- TINNED MEATBALLS
- STOCK CUBES/STOCK POTS
- GENERAL CLEANING PRODUCTS

LONDON'S COMMUNITY KITCHEN

- PASTA
- RICE
- SUGAR
- SHOWER GEL
- LENTILS AND BEANS
- TINNED SOUP
- BAKED BEANS

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 and tuna. Harrow Food Bank currently have a large stock of all these items.

Volunteers needed at London's Community Kitchen 2 hours a week for the cookery programme and the community garden, both at The Bridge at Harrow Leisure Centre

Community essentials collection

Please bring your contributions on

Saturday 22nd January 2022
between 10.30am and 12.30pm
Pinner Baptist Church
Paines Lane, HA5 3BL

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

pinnerbaptist.org.uk