



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**

NEXT COLLECTION – SATURDAY 25 JUNE 2022

Please bring any contributions to the church during those times.

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

THESE ARE THE ITEMS NEEDED THIS MONTH:

HARROW FOOD BANK

- 20P CARRIER BAGS URGENTLY NEEDED
- SPONGE PUDDINGS
- LONG-LIFE FRUIT JUICE
- SMALL JARS COFFEE
- WOMEN'S + MEN'S DEODORANT
- TINNED BAKED BEANS WITH SAUSAGES
- MEN'S BODY WASH
- TINNED VEGETARIAN MEALS
- HONEY
- SHAMPOO
- RAZORS
- SHAVING FOAM
- SHOWER GEL
- CHILDREN'S TOOTHBRUSHES
- TINNED HOT DOGS
- TINNED MEATBALLS
- TINNED ASSORTED VEGETABLES
- TINNED RICE PUDDING

LONDON'S COMMUNITY KITCHEN

- PASTA
- PASTA SAUCE
- RICE
- FULL-FAT LONG LIFE MILK
- LENTILS AND BEANS
- SHOWER GEL
- TOOTHPASTE

London's Community Kitchen need volunteers two hours a week to help people attending their cookery program, also volunteers two hours a week to help people in their community garden. Both at the Bridge in Harrow Leisure Centre. Contact Jane Everitt if you are interested in helping.