



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



CHRISTMAS SPECIAL 2024

There will be no collection in December, so our next collection on **SATURDAY 23 NOVEMBER** will be a bumper one ready for Christmas. Please bring some Christmas treats with your food and toiletries donations.

Church opens between 10.30am – 12.30pm.

Join us for coffee and tea as you bring your gifts!



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, baked beans, tinned soup and tuna. Harrow Food Bank currently have a large stock of all these items.

THESE ARE THE ITEMS NEEDED THIS MONTH:

HARROW FOOD BANK

- CARRIER BAGS (BAGS FOR LIFE)
- LONG LIFE FRUIT JUICE
- LONG LIFE MILK SEMI SKIMMED & WHOLE MILK
- SQUASH
- CHOPPED PORK & HAM
- COOKING OIL
- TINNED RAVIOLI / BOLOGNESE
- TINNED SPAGHETTI AND SAUSAGES
- SPONGE PUDDING (MICROWAVABLE)
- TINNED FISH (NOT TUNA)
- TINNED MIXED VEGETABLES
- COOKING OIL
- TINNED BEEF/ MEAT MEALS
- TINNED MEAT/ CORNED BEEF
- TINNED VEGETARIAN & VEGAN MEALS
- PACKET MEAT SOUP
- PACKET MASHED POTATO
- TINNED CUSTARD
- TINNED CHICKEN MEALS
- TINNED/JARRED HOT DOGS
- TINNED CARROTS/ PEAS
- TINNED POTATOES
- TESCO IRISH STEW/TINNED LAMB MEALS
- SAVOURY BISCUITS/ CRACKERS
- COFFEE (SMALL JARS)
- TINNED MACARONI CHEESE
- TOILET ROLL
- MEN'S & WOMEN'S DEODORANT
- ADULT TOOTHBRUSHES
- MEN'S & WOMEN'S RAZORS
- SHAVING FOAM/ SHAVING GEL
- BABY TOILETRIES
- WASHING POWDER
- WASHING UP LIQUID
- BABY NAPPIES (SIZE 4,5,6 & 7)
- SHAMPOO

HARROW FOOD BANK

CONDIMENTS-OPTIONAL

- KETCHUP
- PASTA SAUCE
- HONEY
- JAM/MARMALADE
- CHOCOLATE SPREAD
- PEANUT BUTTER

LONDON'S COMMUNITY KITCHEN

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

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.