



PINNER BAPTIST CHURCH



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 4<sup>th</sup> Saturday of every month from **10.30am – 12.30pm**

**NEXT COLLECTION – SATURDAY 25 January 2025**

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, toilet paper, baked beans, vegetable tinned soup. Harrow Food Bank currently has 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
- SPONGE PUDDING (MICROWAVABLE)
- TINNED CHICKEN MEALS
- CORNED BEEF
- TINNED VEGETARIAN & VEGAN MEALS
- TINNED FISH (TUNA & OTHER TYPES OF FISH)
- PACKET MASHED POTATO
- TINNED CUSTARD
- RICE PUDDING
- HOT CHOCOLATE
- SAVOURY BISCUITS
- BISCUIT CRACKERS
- CHOCOLATE TREATS
- TINNED MEAT PIES (E.G., FRAY BENTOS PIES)
- SHAMPOO
- SHOWER GEL/ BODY WASH
- SHAVING FOAM/ SHAVING GEL
- MEN'S & WOMEN'S RAZORS
- WASHING POWDER
- WASHING UP LIQUID
- MEN'S & WOMEN'S DEODORANT
- SOAP BARS

**CONDIMENTS-OPTIONAL**

- 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.