



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

The church door will be open on 4th Saturday of every month from **10.30am – 12.30pm** Please bring any contributions along during those times.

NEXT COLLECTION 26th APRIL 2025

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.

This month these are the items that are needed:

HARROW FOOD BANK

- Long Life Fruit Juice
- Tinned chicken meals
- Sponge pudding (microwaveable)
- Corned Beef
- Tinned Vegetarian & Vegan Meals
- Tinned Fish (Tuna & other types)
- Packet mashed potato
- Tinned meat pies (e.g. Fray Bentos)
- Tinned custard, Rice pudding
- Savoury Biscuits, Crackers
- Chocolate treats, spread
- Tinned Veg
- Long life whole milk
- Jam & Marmalade
- Honey & Peanut butter
- Shampoo, Shower gel/ Body wash
- Toilet Roll, Soap Bar
- Washing Powder & Liquid

LONDON'S COMMUNITY KITCHEN

- Pasta
- pasta sauce
- Rice
- Full-fat long life milk
- Lentils and beans
- Tinned food – Fruit, Veg. Meals

**FIRM FOUNDATION HOMELESS
DROP- IN CENTRE**

- Small shampoo, Shower gel
- Deodorant, Body cream
- Toothbrush, Toothpaste
- Shaving razors Shaving foam
- Pasta, Rice
- Beans
- Sugar, Flour
- Tinned goods
- Coffee, Tea
- Seasonings
- Noodles
- Squash
- Oil
- Biscuits