



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 25th October 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

- Pasta Sauce Jars & Cook-in sauces
- Tinned chicken meals
- Sponge pudding (microwaveable)
- Corned Beef & Tinned Veg
- Tinned Vegetarian & Vegan Meals
- Tinned Fish (Tuna & other types)
- Packet mashed potato
- Tinned meat pies (e.g. Fray Bentos)
- Savoury Biscuits, Crackers, snacks
- Chocolate treats & Peanut Butter
- Long life whole & Semi-skimmed milk
- Jam, Marmalade & Honey
- Porridge
- coffee (small bag 100g)
- Shampoo, Shower gel/ Body wash
- Toothpaste & Toothbrushes
- Washing Powder & Liquid
- Nappies (sizes 3-7)

LONDON'S COMMUNITY KITCHEN

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

CARRIER BAGS (BAGS FOR LIFE) URGENTLY NEEDED

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