



London's Community Kitchen  
Zero Waste - Zero Hunger

**What's on February's most wanted supplies list?**

**HARROW FOOD BANK**

- Long life fruit juice
- Tinned goods/meals
- Corned beef
- Packet mashed potato
- Microwave rice
- Hot chocolate
- Biscuits/chocolate
- Long life whole milk/semi-skimmed
- Porridge
- Tea/coffee
- Snacks
- Carrier bags (Bags for life)

**Toiletries:**

- Shampoo or body wash
- Toilet paper
- Nappies
- Toothbrushes
- Shaving foam/gel
- Men's and women's razors
- Washing powder/washing up liquid
- Deodorant

**LONDON'S COMMUNITY KITCHEN**

- Rice
- Sugar
- Shower gel
- Lentils and beans
- Toothpaste
- Pasta sauce

**FIRM FOUNDATION HOMELESS DROP-IN CENTRE**

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

**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, tinned soup, pulses, dry pasta and sweet biscuits. Harrow Food Bank currently have a large stock of all these items.

**Volunteers needed at London's Community Kitchen 2 hours a week for the cookery programme and the community garden, both at The Bridge at Harrow Leisure Centre**

# Community essentials collection

**Please bring your contributions on Saturday 28<sup>th</sup> February 2026 between 10.30am and 12.30pm Pinner Baptist Church Paines Lane HA5 3BL**

[pinnerbaptist.org.uk](http://pinnerbaptist.org.uk)

