



**London's Community Kitchen**  
Zero Waste - Zero Hunger



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

The church door will be open on 4<sup>th</sup> Saturday of every month from **10.30am – 12.30pm** Please bring any contributions along during those times.  
**NEXT COLLECTION 28 February 2026**

**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.**

**HARROW FOOD BANK**

- Long life fruit juice
- Tinned goods—Fruit, macaroni cheese, Beef bolognese, ravioli, meatballs, custard, rice pudding, hot dogs, vegetables, Fish.
- Tinned meals—Meat pies (e.g. Fray Bentos), Beef meals, Lamb meals, Chicken meals, Vegan/vegetarian 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)

**HARROW FOOD BANK**

- Contd.**
- Shampoo or body wash
- Toilet paper
- Nappies
- Toothbrushes
- Shaving foam/gel
- Men’s and women’s razors
- Washing powder/washing up liquid
- Deodorant
- Tea/coffee
- Snacks
- CONDIMENTS-OPTIONAL**
- Honey
- Jam/marmalade
- Peanut butter
- Cooking oil
- Chocolate spread

**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.

**FIRM FOUNDATION**

- HOMELESS DROP- IN CENTRE**
- Deodorant
- Shower gel
- Small Shampoo
- Body cream
- Toothbrush
- Toothpaste
- Shaving razors
- Shaving foam
- Pasta
- Beans
- Rice
- Soup
- Sugar
- Flour
- Tinned goods
- Coffee, Tea
- Seasonings
- Noodles
- Oil