



**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 23 May 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**

- Chocolate and hot chocolate
- Coffee, tea bags
- Diluting juice
- Halal food items
- Honey, jam, peanut butter, spreads
- Instant mashed potato
- Long-life juice and milk
- Porridge oats
- Snacks (e.g. crisps, cereal bars, crackers etc)
- Sponge puddings
- Tinned goods (Meat, fruit, macaroni cheese, potatoes, fish, hot dogs, pies, ravioli Washing powder and liquid

**HARROW FOOD BANK**

**Contd.**

- Shampoo or shower gel
- Toilet paper
- Nappies size 6 and 7
- Toothbrushes and toothpaste
- Shaving foam/gel and razors
- Men's and women's razors
- Washing powder/washing up liquid
- Deodorant
- CONDIMENTS-OPTIONAL**
- Honey
- Jam
- Peanut butter
- Cooking oil

**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
- Shaving razors
- Shaving foam
- Baked beans
- Sugar
- Flour
- Tinned goods (Fish, fruit, vegetables, pulses and soup)
- Seasonings
- Noodles
- Oil
- Biscuits
- Rice