



**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 25th July 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**

- Toothpaste
- Toothbrushes (Including children's)
- Chocolate
- Coffee, Hot chocolate, Tea bags
- Tinned goods – Meat, carrots, chicken, custard, fish, fruit, hot dogs, macaroni cheese, pies, potatoes, ravioli, rice pudding, vegetables
- Cooking oil
- Honey, Jam, Peanut butter and other spreads
- Instant mashed potato
- Long-life juice, diluting juice and milk
- Deodorant
- Nappies - size 6/7
- Porridge oats
- Shampoo, shower gel
- Shaving foam/gel and razors

**HARROW FOOD BANK**

- Continued**
- Shampoo or shower gel
- Toilet paper
- Nappies size 6 and 7
- Toothbrushes
- Toothpaste
- Shaving foam/gel
- 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