



Please bring your contributions on

**Saturday 22nd August 2026
between 10.30am and 12.30pm
Pinner Baptist Church,
Paines Lane, HA5 3BL**

Every donation is appreciated

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 DOES NOT NEED:

Cereal, tinned soup and pulses, pasta, biscuits or baked beans.

What's on August's most wanted supplies list?

HARROW FOOD BANK

Bags for life
Toothpaste, Toothbrushes
Chocolate
Coffee, tea bags, hot chocolate
Tinned meat, carrots, chicken, corned beef,
custard, fish, fruit, hot dogs, macaroni cheese,
pies, potatoes, ravioli, rice pudding, vegetables,
Cooking oil, Jam, Honey, peanut butter, other
spreads
Halal food items
Instant mashed potato
Long-life juice and milk, Diluting juice,
Deodorant
Nappies - size 6 and 7
Porridge oats
Razors for shaving, shaving foam/gel
Shampoo and shower gel
Snacks (e.g. crisps, cereal bars, crackers, etc)
Sponge puddings
Toilet roll
Washing powder and washing up liquid

LONDON'S COMMUNITY KITCHEN

Rice
Sugar
Shower gel
Lentils and beans
Toothpaste
Pasta sauce

FIRM FOUNDATION

Tinned – Soup, vegetables and pulses
Tinned – fish and fruit
Baked beans
Coffee, tea, Squash
Noodles and Rice
Biscuits
Shower gel
Shampoo (not large bottles)
Body cream
Shaving razors
Shaving foam
Deodorant
Sugar
Flour
Oil
Seasonings