



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 4th Saturday of every month from **10.30am – 12.30pm** Please bring any contributions along during those times.

NEXT COLLECTION 22nd August 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

Bags for life
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,
Halal food items
Instant mashed potato
Long-life juice and milk, Diluting juice,
Porridge oats
Snacks (e.g. crisps, cereal bars, crackers, etc)
Sponge puddings

**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