

@ ALL HALLOWS BY THE TOWER CHURCH, BYWARD STREET, EC3R 5BJ

WWW.AHBTT.ORG.UK 020 7481 2928

Tower Hamlets Foodbank works to fight hidden hunger through the provision of emergency food donations to local people who have nowhere to turn.

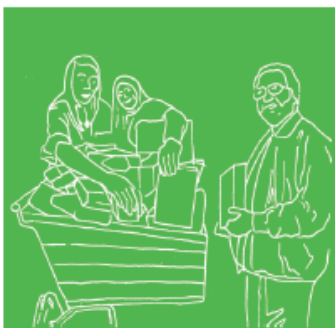
All Hallows by the Tower is a Church Partner of the Tower Hamlets Food Bank, and a regular collection point for donations of food to be distributed to people in difficult situations.

WHAT CAN I DO?

- Donate food. There's a list of things we need on the back of this leaflet.
- Talk to a volunteer & find out more about us.
- Volunteer your time to help local families in food crisis.
- Give money. Talk to us to find out how.

Tinned and dried goods are needed throughout the year, so please add an extra item or two to your regular shopping list and bring something along to the church whenever you can.

WHAT DO WE DO?



1. We collect food
from supermarket customers, businesses, schools and churches.



2. We sort food
by type and use by date, then 'bank' it in a warehouse.



3. We give food
support and advice to local people in crisis.

Get in touch.



talk to a volunteer



020 3609 0850



@towerhamletsfb



www.towerhamletsfoodbank.org.uk



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[towerhamletsfoodbank](https://www.facebook.com/towerhamletsfoodbank)

FOODBANK APPEAL

Meat & fish	Tins of meat and fish, including pies, mince, corned beef and hotdogs.
Vegetables	Tinned vegetables (tomatoes, carrots, peas, sweetcorn, mushrooms, potatoes) and pulses, mashed potatoes.
Sauces	Pasta, curry and stew sauces in jars and packets.
Soups	Vegetarian and meat soups, tins and packets.
Desserts	Jars & tins of fruit, dried fruit, tinned & powdered custard, rice pudding, sponge puddings, biscuits & treats.
Milk	Powdered or dried milk.
Juices	Fruit juices, squashes and cordials.
Hot drinks	Coffee, drinking chocolate and tea (40 and 80 bag packets).
Jams & spreads	Jam, honey, peanut butter, chocolate spread.
Cereals	Various - preferably without added sugar.
Staples	Flour (plain, self raising), cooking oil, salt, pepper, sugar, herbs & spices.
Toiletries	Toilet roll, toothbrushes, toothpaste, deodorant, soap, shower gel & shampoo, feminine hygiene products.
Baby products	Nappies, wet wipes, baby food, baby shampoo, powder & lotion, nappy barrier cream, cotton wool.
Household goods	Cleaning products (washing up liquid, bleach, anti bacterial spray, surface cleaner etc.) and cloths, washing powder & fabric conditioner, kitchen roll.

Longlife food only please

Our food is stored in a warehouse before we distribute it to those in need.

Highlighted items

We're running low on these things: please consider buying them.