


AMBITION ASPIRE ACHIEVE

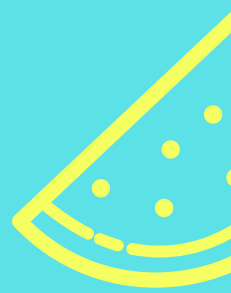
FOOD BANK APPEAL




The demands on our food banks have been continually increasing over the past year and our food banks at both our Arc (Canning Town) and Abbey (stratford) hubs particularly focusing on supporting: Families living in poverty, Young parents, Homeless individuals, young people struggling, those with no recourse to public funds

THE BANK IS OPEN WEEKLY AND IS REGULARLY SUPPORTING OVER 90 INDIVIDUALS EACH WEEK AND WE KNOW THE NEED AND DEMAND IS STILL INCREASING.

WE WOULD WELCOME DONATIONS OF NON-PERISHABLE FOODS AND HOUSEHOLD GOODS - OUR BEST GOODS TO DONATE GUIDE IS ATTACHED.



For more information contact
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BEST FOOD DONATION GUIDE

PASTA/SPAGHETTI

RICE

BAKED BEANS/SPAGHETTI

PULSES (CHICKPEAS, KIDNEY BEANS
ETC.)

PASTA SAUCES

COOKING SAUCES (CURRY SAUCES,
STIR FRY ETC.)

TINNED VEGETABLES

TINNED FRUIT

TEA BAGS AND COFFEE

DRY PULSES (LENTILS ETC.)

JAM, MARMALADE ETC.

SUGAR

NOODLES

TINNED/PACKET MEALS

PACKET NOODLES, PASTA

LONG LIFE MILK

CEREAL

TINNED TOMATOES

CLEANING PRODUCTS E.G.

WASHING UP LIQUID ETC.

HYGIENE PRODUCTS (SOAP,
SHOWER GEL ETC.)

NAPPIES AND BABY WIPES

TOILET/KITCHEN ROLL

