



Please help local people in crisis by buying items from the list below and giving them to

Westminster Foodbank's collection point near the exit.

Thank you!

- * Cereals
- * Fruit (Tinned)
- * Fruit Juice (Carton)
- * Jam
- * Milk (UHT or powdered)
- * Rice Pudding (Tinned)
- * Sponge Pudding (Tinned)
- * Sugar (500g)
- * Biscuits or snack bars
- * Tea Bags/instant coffee
- * Instant Mashed Potato
- * Meat/Fish (Tinned)
- * Pasta Sauces (Jar)
- * Pulses (Tinned)
e.g. kidney beans, lentils
- * Rice/Pasta
- * Soup (Tinned)
- * Tomatoes (Tinned)



- The **Foodbank** is designed to help individuals and families in crisis, through the provision of emergency food supplies. Local professional care-workers in the Westminster area refer them, with a food voucher, to **The Foodbank Centre** where they are given their food supplies, a cup of coffee and assistance in finding other professionals who can help them out of their crisis.
- The **Foodbank** allows the general public to contribute to and support local well-being in a simple, practical way.

Emergency Food Supplies are a short-term measure allowing a breathing space at times of great need.



For further details of the work of **The Foodbank** and **how you can be involved**, contact:
Westminster Foodbank, Westminster Chapel, Buckingham Gate, London SW1E 6BS

t: 020 7834 1731 **e:** foodbank@westminsterchapel.org.uk

Website: www.westminsterchapel.org.uk/ministries/foodbank