



Food Bank

North Paddington

A REGISTERED CHARITY NO. 1165272

SHOPPING LIST

Tinned meat / fish
Tinned vegetables
Tinned tomatoes
Rice/couscous
Gel/Shampoo
Pasta
Noodles
Cereal
Long-life milk
Soap

Soup
Baked beans
Tea
Coffee
Sugar
Tinned fruit
Biscuits/crackers
Jams
Peanut butter
Pasta and
Curry sauces

Toothpaste
Toilet roll
Shower gel
Shampoo
Sanitary towels
Baby food
Nappies
Formula milk
Men's razors

Everyday people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income.

The Food bank will provide a minimum of three days emergency food and support to people experiencing crisis in North Paddington.



COMIC
RELIEF

The London
Community
Foundation

**THE NORTH PADDINGTON FOODBANK IS
LOCATED AT THE WECH COMMUNITY CENTRE,
ATHENS GARDENS, W9 3RS EVERY
WEDNESDAY 9.30AM TO 12.30PM**

CONTACT

Telephone Tara or Phyllis at the WECH office on **0207 266 3347**
email info@npfoodbank.org.uk | visit www.npfoodbank.org.uk