



Food Bank

North Paddington

SHOPPING LIST

Cereal

Coffee

Tea bags

Hot chocolate

Tinned sponge-pudding

Tinned fruit

Tinned rice pudding

Jam

Biscuits

Snack bars

Toothpaste

Shower gel

Soap

Toilet Roll

Milk (UHT or powdered)

Sugar (500g)

Fruit Juice (carton)

Soup

Baked beans

Tinned tomatoes

Tinned vegetable

Tinned meat/fish

Noodles

Rice

Pasta

Pasta sauce

Instant mash potatoes

Every day 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.



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