



COVID-19 Food Bank

Urgent Appeal

Donating is more important now than ever!

The need for food bank supplies in Tower Hamlets is greater than ever- especially for those who are vulnerable during the COVID-19 crisis. Food banks across our borough are supporting families and individuals, those on low incomes, tackling hunger and providing emergency food support.

We urgently need 500g or 1kg bags of:

Rice

Lentils

Gram Flour

Flour

Pasta

Chickpeas

Canned vegetable stews - ratatouille, curried vegetables etc.

Canned meat goods- pies, stews, fish, chicken curry, chilli con carne, meatballs, hotdogs etc.

Peanut butter , cooking sauces, rice pudding & jam

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500ml/2l Bottles of cooking oil

Help support households in need by purchasing and donating one or more of the above items to support your local food bank today. Thank you

Purchase and drop points:

Langdon Park Cash & Carry – 4-6 Spey Street, E14 6PZ - 07984 151 957

Simply Fresh - 201-203 Roman Road, E2 0QY – 07809251238

Poplar Oriental Grocery - 181 East India Dock Road, E14 0EA - 0207 5150845

Supporting all food banks in the Borough

SUPPORTED BY

