

BOW FOODBANK

FOOD DONATION BOX ESSENTIALS

We purchase most of the food that we give out, the below list provides core non-perishable items that we spend money on. We will give out any donations outside of this list as additional extras. For collected items we require items that are non-perishable, in date, unopened, and labelled with their nutritional information.

- Cereals (including 12 pack Weetabix)
- Disposable nappies (most popular sizes 3, 4 and 5)
- Dried lentils
- Vegetable cooking oil (1 L)
- UHT Milk (semi-skimmed or full fat)
- Rice (1 kg)
- Pasta (1kg)
- Instant coffee
- Teabags
- Hot chocolate
- Jam, honey

- Tinned vegetables and pulses – kidney beans, chickpeas, potatoes, tomatoes, sweetcorn etc. (400g)
- Tinned rice pudding
- Tinned custard
- Menstrual products
- Shower gel
- Shampoo
- Toothpaste
- Washing-up liquid
- Washing powder
- Toilet rolls

Bow Foodbank is a local Tower Hamlets charity that operates two foodbanks, one in Bow and one in Bethnal Green.

We provide emergency food supplies to those who are in crisis due to financial difficulties. We aim to offer food to those in need in a friendly and hospitable way. There is no need for a referral or booking.



BOW FOODBANK

Bromley-by-Bow Community Centre
St Leonard's Street
E3 3BT

Every Monday 8am -12:30pm



BETHNAL GREEN FOODBANK

Raine's Foundation School
Bonner Road
E2 9LY

Every Wednesday 2pm – 7pm

THANK YOU FOR YOUR SUPPORT

To find out about other ways to support us, including fundraising and volunteering go to bowfoodbank.org
info@bowfoodbank.org

Registered charity: 1162185

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