

# Foodbank



WECH in partnership with other organisations is starting a **Foodbank**. 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.

If you have any queries please

contact Gina or

Phyllis at the

WECH office on

**0207 266 3347 or**

**email**

**[Npfoobank@wech.org.uk](mailto:Npfoobank@wech.org.uk)**

## SHOPPING LIST

**Milk (UHT or powdered)**

**Sugar (500g)**

**Fruit Juice (carton)**

**Soup**

**Baked beans**

**Tinned tomatoes**

**Tinned vegetables**

**Beans/pulses**

**Tinned meat/fish**

**Noodles**

**Rice**

**Pasta**

**Pasta Sauce**

**Instant Mash**

**Cereal**

**Coffee**

**Tea bags**

**Hot chocolate**

**Tinned sponge pudding**

**Tinned fruit**

**Tinned rice pudding**

**Jam**

**Biscuits or snack bars**

**Toothpaste**

**Shower gel**

**Soap**

**Toilet Roll**

