



**TO CONTACT THE FOODBANK
DURING CORONA PANDEMIC**

Telephone: 07870 967353

Are you struggling at the moment to make ends meet and just need a little help to get you over a crisis point in your life OR do you know someone else that could just do with a little help to turn the corner?

The past few months and the coming months have been, and will be a problem to many. We cannot take away all your worries but what we CAN do is to provide some food (and toiletries when we have some) to help with your budgeting. You can remain anonymous if you wish; all we will need is your address so that we can make a delivery.

**We are here for you – just give us a call on
07870 967353**

DONATIONS

If you would like to make a food donation to the foodbank we have a special basket in the Co-ops in Manningtree and Brantham. We can also arrange to pick up large quantities from you

We can only take non-perishable items such as tins and dried food and long life milk and cereals etc. Toiletries are always very welcome. THANK YOU