



## IF YOU NEED OUR HELP

Call Us: 01903 442149 (leave a message for us to call you back)

Message us on Facebook: <https://www.facebook.com/East-Worthing-Food-Bank>

Email us: [ewfoodbank@gmail.com](mailto:ewfoodbank@gmail.com)

## DONATIONS

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We accept donations of most non-perishable goods  
but **urgently need** the following;

✓ Cereal	✓ Fruit juice
✓ Soup	✓ Jams or spread
✓ Pasta	✓ Tea/coffee
✓ Pasta Sauce	✓ Tea/coffee
✓ Rice	✓ Tea/coffee
✓ Tinned tomatoes	✓ Tinned fruit
✓ Tinned vegetables	✓ Biscuits
✓ Lentils, beans and	✓ UHT milk
✓ Tinned meat	✓ Toiletries
✓ Tinned Fish	✓ Feminine products

You can drop off donations

Tuesday and Thursday mornings between 9:00 am-11:00 am at

East Worthing Baptist Church, 43, Pendine Avenue, Worthing, BN11 2NA.

Please drop donations at the main entrance steps. Do not enter the building.

Thank you

