



# – CHURCH OF – **THE GOOD SHEPHERD**

## **The Larder Foodbank**

**IF YOU REQUIRE A FOOD PARCEL:** The Larder will need someone professional to refer you for a food parcel. This can be; Your key worker/social worker, your children's school, your Doctor's surgery, Housing Association, Citizen's Advice Bureau, Rushmoor Borough Council, Christians Against Poverty (CAP). If they are happy to refer you, they will need to call the Larder Phone (07501 202546) and leave a message with your details. We can then deliver a food parcel to you from 4 pm Monday, Wednesday or Friday.

Please note: we are only able to deliver within the Farnborough area.

**IF YOU WOULD LIKE TO MAKE A DONATION:** We are accepting donations of tinned goods Monday, Wednesday and Friday between 3-4 pm via a plastic box outside the church hall doors. Please see our Facebook page for an updated list of items we need.

**IF YOU WOULD LIKE TO MAKE A FINANCIAL DONATION:** You can do this with a credit or debit card using our online giving page. [Click here to be redirected to our Give.net giving page](#) or contact Abbie Edwards (community@goodshepherdchurch.org.uk).

If you would like information about which items we are most in need of please see our Facebook page or contact the Church office. Below is the list of foods that we sort into our regular food parcels:

- Tea
- Coffee
- Breakfast Cereal
- Cooking Sauce
- Tinned Fruit
- Instant or tinned Custard
- Jam
- Loo Roll
- Soap
- Toothbrush
- Toothpaste
- Tinned Beans
- Tinned Spaghetti
- Tinned Tuna

- Tinned Meat Meals (Curry, Stew, Mince, Meatballs, meat pies etc)
- Tinned Ham
- Tinned Soup
- Tinned Sweet Corn
- Tinned Peas
- Tinned Carrots
- Tinned tomatoes
- Dry Rice
- Dry Pasta
- Instant Mash or Tinned Potatoes

For more information, please contact Abbie Edwards, Pioneer Community Worker:

Tel: 07845 175 158

E-mail: [community@goodshepherdchurch.org.uk](mailto:community@goodshepherdchurch.org.uk)