




# We all struggle financially at times



...but food has been donated by your local community, so that you can still eat when things get tough

 If you live in **Canterbury, Whitstable, Herne Bay or the surrounding area**, call or email us. Our friendly team will make sure that you don't go hungry and signpost you to further help. If you know of someone who might need support please pass on this leaflet

 We always try to cater for **dietary and religious needs**, or if you have **limited cooking facilities**. We may also be able to help with pet food, baby items and toiletry/cleaning products to help reduce the cost of the weekly shop

 **Find out more** on our website, including information on how you could donate to your community when you're back on your feet

If you need support, please call **01227 936450** or email **info@canterburyfoodbank.org**

**canterburyfoodbank.org**



Canterbury Food Bank is a registered charity (1153791)



Serving Canterbury, Whitstable, Herne Bay and villages