

TOTTENHAM FOODBANK

FREQUENTLY ASKED QUESTIONS

☎ 020 8493 0050

✉ INFO@TOTTENHAM.FOODBANK.ORG.UK

WHERE...

CAN I DONATE FOOD?

We have lots of collections points where you can drop your donations off:

- **The Foodbank at Tottenham Town Hall**, N15 4RY
Monday - Friday, 11.30am - 6.30pm
(Please press buzzer labelled Freedom's Ark)
- **Tesco Stroud Green**, 105-119 Stroud Green Rd,
Finsbury Park, London, N4 3PX
Regular shopping hours
- **Tesco Seven Sisters**, 230 High Rd
South Tottenham, London, N15 4AJ
Regular shopping hours
- **Beavertown Brewery** - Unit 17, Lockwood
Industrial Park, Mill Mead Rd, London N17 9QP
Saturdays Only, 12pm – 8pm
- **Pressure Drop Brewery** - Unit 6, Lockwood
Industrial Park, Mill Mead Rd, N17 9QP
Saturdays Only, 2pm – 8pm

Too much for you to drop off? To arrange for a collection of a large donation please email: warehouse@tottenham.foodbank.org.uk

IS IT OKAY...

TO GIVE MONEY INSTEAD?

Absolutely! We have a Justgiving page and the funds help with food items we are short of as well as the running costs of the food bank.

To make a donation, go online and visit:
www.justgiving.com/crowdfunding/tottenham-foodbank

HOW CAN I...

BECOME A VOLUNTEER?

Get in touch and get involved! We have all sorts of volunteering opportunities available; whether you'd like to help in the storeroom sorting through donations, help people face to face at one of our sessions or get involved in our campaigning and fundraising. Or perhaps you are part of a company who'd like to arrange a day of corporate volunteering for your team?

To volunteer your time - please email
volunteer@tottenham.foodbank.org.uk

WHAT...

FOOD CAN I DONATE?

We accept all sorts of **non-perishable items**. The kind of things that have a long shelf life and **don't need to be kept in the fridge!** Below are the suggested items we accept:

Tinned Food

(such as tinned tomatoes, tinned meat, tinned vegetables, tinned fruit, soup)

Cereal

Pasta

Rice

Tea / Coffee

Biscuits

UHT Milk

Fruit Juice

Toiletries

(such as deodorant, toilet paper, shower gel, toothbrushes and toothpaste)

Sanitary Products

(such as tampons and sanitary towels)

Household items

(such as laundry powder and dishwashing liquid)

Baby products

Pet food

Alternatively, view the list and buy online at:
<https://tinyurl.com/tottenhamwishlist>

I NEED SOME HELP. HOW...

CAN I USE THE FOODBANK?

We're open twice a week, on **Mondays 12-2pm** and on **Thursday 5-7pm**.

You can email info@tottenham.foodbank.org.uk or call **0208 493 0050** and the team can talk through your situation and put you in touch with the relevant local agency.

We work with these agencies in order to provide the most appropriate help for your situation. They will discuss your situation and supply you with a foodbank voucher if you are struggling for food. When you **bring this voucher along to a session** you'll be met with a smile, a cup of tea, and you can exchange it for 3 days worth of emergency food.

The local agency can also provide long term support to help address some of the issues behind the reasons for your crisis. Agencies we work with include: Citizens Advice, housing support officers, children's centres, health visitors, social services and some local charities.