



# FOOD BANKS



## LALLEY CENTRE 0161 205 2754

The centre, community pantry and allotment in Collyhurst :

- supports people on low incomes with practical needs in health and wellbeing, housing, family life and employment.
- Assist people who are unemployed or receiving benefits, families facing or experiencing homelessness
- Offers the chance for local people to learn new skills whilst also providing fresh produce as part of a healthy-eating scheme.
- Food grown also supplies our community pantry at the centre.

## THE BREAD AND BUTTER THING

Collect food parcel from Manchester Communication Academy School  
Text 07860 063 304 with your full name, postcode, and the name of the hub you will be collecting from.

## LIGHTHOUSE PANTRY 0161 643 1163

The idea behind the Pantry is to help people to reduce their weekly food costs which then allows some of that money to be spent on other household bills, such as rent and utility costs. Currently members are receiving around £25+ retail value of food in their food parcels.

## MUSTARD TREE 0161 850 2282

If you're having to make impossible choices between paying a bill or putting a meal on the table, or simply struggling to make ends meet, Mustard Tree's Food Club could help. Join Mustard Tree as a client and for just £3.00 you can purchase up to 10 items, including vegetables, fridge items, meat and fish.

## RAINBOW SUPRISE COMMUNITY FRIDGE

This is open to everyone and free of charge. Our community fridge runs every Monday and Friday from 11am, which is available on a first-come, first-serve basis. sandwiches, pasties and soups and might have other things ie: bread or fruit that we can add to the bag.

## AFRICAN VOICE IN MOSTON

The "Collect & Go" is a Harpurhey food Bank project is set out to help struggling families and individuals in need. we are based at 54 Kilnside Drive, M9 5QP, every Thursday from 1pm to 3 pm. Referrals are welcome from all agencies dealing with families/individuals in crises and food emergencies. Ring 07440775115.



## FEED MY CITY.ORG REQUEST A FOOD PARCEL

We believe everyone has a right to enjoy basic food without having to have money, so we provide simple, free, vegetarian, nourishing hot food and emergency food parcels to those most in need in the Manchester area without questions, judgement or charge.

Our services are available to local authorities, food banks, social services, the NHS, via your local citizens advice bureau or by self-referral.

0300 365 3101

