



We help anyone on a low income to eat a balanced & nutritional diet by accessing food at an affordable price from a membership-based community pantry.

Meat, Fish, Vegetables, Fruit and more...

FREE MEMBERSHIP

## We are open on: Monday, Wednesday, Friday 12- 2pm Tuesday 4:30- 6.30pm

Parkstone United Reformed Church, Commercial Road, Poole BH14 0JW (on M1/M2 Bus route, Ashley Cross, opposite Tyreland Parkstone)



A bag of up to 10 items with a retail value of up to £15 for a suggested donation of £5, additional bakery/ fruit/ veg available

<u>For more information</u>, please call Mark (0798 000 2676), the office (01202 733 580) or email us at <u>mark.phillips@bcpcouncil.gov.uk</u> or poolecommunityexchange@gmail.com

The proof of income not required.

Please bring your ID and proof of address on your first visit.