

LOAVES & FISHES

WHAT WE DO?

Many rely on us because traditional support systems are not working. They may come from broken homes, suffered an illness that prevents working, debt or just struggling to cope with daily life.

We provide hot meals, food parcels, & toiletries at our food bank & are entirely run by a team of volunteers.

HOW CAN YOU HELP?

There are many ways you can help: volunteering, sponsoring us, collection boxes at local churches, schools or clubs. We take donations of food & toiletries. See our webpages for 'What We Need'

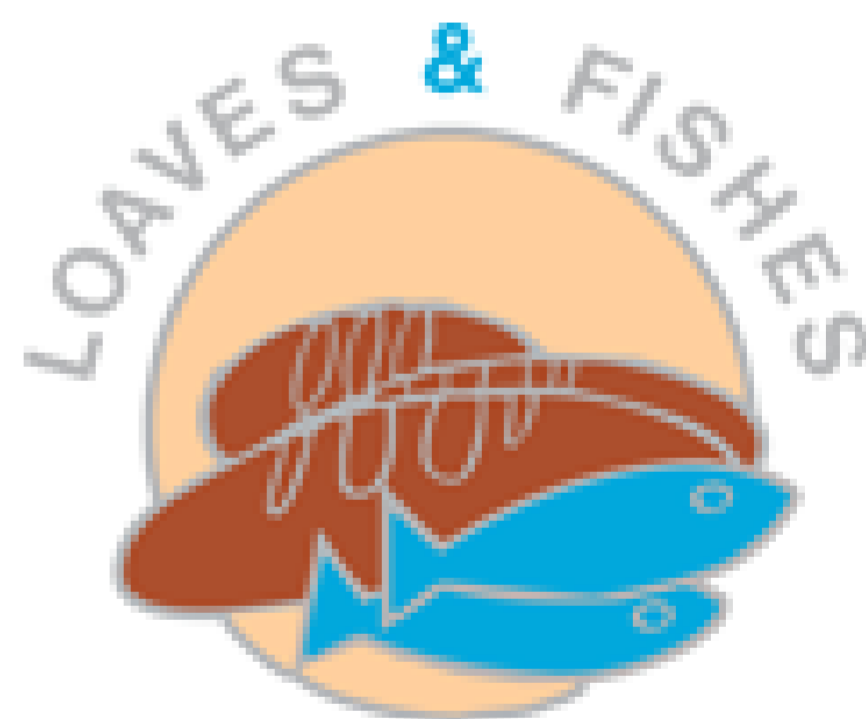
WHERE ARE WE?

40 Singer Road | Kelvin
Industrial Estate | East
Kilbride | G75 0XS

CONTACT:

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*Registered Scottish Charity
SC009413*

loavesandfishesek.com



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WHAT WE NEED

BISCUITS – all	DILUTING JUICE
SHORTBREAD	UHT JUICE
STOCK CUBES – all flavours	TEA
GRAVY GRANULES	COFFEE – INSTANT
TINNED MEAT	BOX BISCUITS
FRAY BENTO PIES	TUB CHOCOLATES
TINNED VEGETABLES	DEODORANT – all kinds
TINNED PLAIN BEANS	FEMININE HYGIENE
TINNED FRUIT	SOAP – bar and liquid
DRIED PULSES- red lentils, scotch broth mix	SHAMPOO
INSTANT MASHED POTATOES	SHOWER GEL
TINNED MEALS	BODY LOTION
JAR PASTA SAUCE	FACE WIPES
CUP OF SOUP	RAZORS- blue
MICROWAVE RICE	CHILDREN'S SHAMPOO
PACKET – PASTA & SAUCE	BABY ITEMS- shampoo, wipes, nappies food
POT NOODLES	TOILET ROLL
UHT MILK (dairy & non dairy)	TISSUES
HARTLEY'S JELLY TABLETS	KITCHEN ROLL
CEREAL – all including porridge	CLEANING PRODUCTS
SAUCES – brown & ketchup	
COOKING OIL – vegetable, olive oil	

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