

# Food Banks

Free food for people who need it

Food banks give free food to people who cannot afford to buy it.

Food banks are run by local people. Some now deliver to your doorstep, others ask you to collect.

To find a food bank near you  
phone free

**0808 208 2138**

Monday to Friday 10am–4pm



You will need a voucher to get a food parcel.



Your local food bank can tell you how to get one.



If you need food in an emergency your food bank may give you a voucher.

