



3food4u.org

FREE FOOD FOR YOU!

NO ASSESSMENT OR REFERRAL NEEDED. JUST DROP IN. WE WILL HAVE ALL THE BASIC GROCERIES AND ESSENTIALS FOR YOU AND YOUR FAMILY

Charity No. 1185513

Every Monday & Friday | 11.30am to 1.00pm
at 13 Sun Street | Waltham Abbey | EN9 1ER

Every Tuesday | 11.30am to 1.00pm
at Loughton Club | 8 Station Road | Loughton | IG10 4NX

Every Wednesday | 5.00pm to 6.30pm
at All Saints Church Hall | Romford Rd | Chigwell Row | Chigwell | IG7 4QD

Every Thursday | 1.00pm to 2.30pm
at Zinc Arts | High Street | Chipping Ongar | CM5 0AD

If you require urgent support please contact us:

T: 01992 842 642 | E: info.3food4u@gmail.com

Please note you will be required to adhere to all the latest social distancing rules.
Volunteers and donations would be greatly appreciated.

Working in Partnership with:

