



# 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. 1192310

**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**

**Every Saturday & Tuesday | 3.30pm to 5.00pm**

**at Tottenham Lighthouse SDA | 255 W Green Road | London | N15 5EG**

**Every Sunday | 12.00pm to 2.00pm**

**at RCCG Tottenham | 454A High Road | Bruce Grove | London | N17 9JD**

**If you require urgent support please contact us:**

**T: 01992 842 642 | E: [info.3food4u@gmail.com](mailto: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:

