



## Help with food and supplies



Nobody should go hungry. Here are a few local organisations that can offer you help with nutritious meals

### H&F Foodbank

Open weekly across four locations. Offers free food parcels to residents in need upon referral.

**020 7731 3693**

**hammersmithfulham.foodbank.org.uk**

### Dads House

Based in Fulham. Dads House offers free food to residents in need upon referral.

**07765 183504**

**dadshouse.org.uk**

### The Upper Room W12

Offers free, hot meals every weekday between 4pm and 6pm to anyone in need, with toiletries and clothing often also supplied.

**020 8740 5688**

**theupperroom.org.uk**

### Barons Court Project

Day centre for people on low income, or who are homeless and/or vulnerable to mental health issues. Residents in receipt of benefits can buy meals for £1, and showers and laundry services are available for anyone homeless.

**020 7603 5232**

**baronscourtproject.org**

### Nourish Hub

Offers hot meals every weekday for a minimum £3 contribution, plus cookery classes.

**020 7967 1302**

**nourishhub.org.uk**

### Rose Vouchers

Helps families with children under five and pregnant women buy fresh fruit and veg from North End Road and Shepherds Bush markets. Check your eligibility for the voucher scheme on the website or ask at our Family Hubs.

**01252 726171**

**alexandrarose.org.uk/rose-vouchers**

### Healthy Start Vouchers

For women more than 10 weeks pregnant, or those with a child under 4, the Healthy Start scheme can help you buy essentials like food, vitamins and more. You need to be claiming certain benefits to qualify or be under 18 and pregnant.

**gov.uk/healthy-start**

### Free sharing apps

You can pick up free (or low cost) household items and unsold food from businesses via apps, including Olio: **olioapp.com** and Too Good To Go: **toogoodtogo.co.uk**