

The Food Store is a place you can go every week to pick up large quantities of food for a small amount of money, all while being helped to access support for your finances and wellbeing.



In return for a weekly membership fee of £3.50 you will be able to pick up £20 to £30 worth of groceries and household items. While you are a member we will also set you up with access to advice services for help with debt, benefits access, housing issues and other areas you might find useful.

We stock quality redistributed food that can help to top up your weekly shop with nutritious essentials. Your weekly groceries will include fresh fruit and vegetables, chilled and frozen foods, and store cupboard staples. We also offer household items, like toiletries and cleaning products, when we have them.

The Food Store is running in sites across Tower Hamlets.

Every three months we will check in to see how you are doing and if you are getting the right support. If things have improved and you no longer need our help, the membership will end – if not it will carry on. Memberships normally last for six months.

To sign up, or for more information,
please email **TheFoodStore@
towerhamlets.gov.uk** with your
name, address, postcode and
contact details.

